



SPRING 2018

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|---|---|---|--|---|
| Schedule subject to change. Always check online schedule for up to date information.<br>Visit our website and facebook page for workshops and special events:<br><a href="http://www.localmotionstudio.com">www.localmotionstudio.com</a><br><a href="https://facebook.com/localmotionstudio">facebook.com/localmotionstudio</a> |   |   |   |   |  |   |
| * Childcare Available  |   |   |   | \$50 New Client Unlimited                                 |  |   |
|  | <b>Bootcamp</b><br>5:45-6:30 a.m.<br>Shelly Pease         |   |   | <b>Bootcamp</b><br>5:45-6:30 a.m.<br>Shelly Pease         |  | <b>Bootcamp</b><br>7:30-8:15 am<br>Rotating teachers<br>Check online schedule |
| <b>Barre Express</b><br>8:00-8:45am<br>Rotating teachers   | <b>Cardio+Strength*</b><br>8:30-9:30 a.m.<br>Tess Dorrier | <b>Barre*</b><br>8:30-9:30 a.m.<br>Ebony Jones            | <b>Contemporary Pilates*</b><br>8:30-9:30 a.m.<br>Sara Lavan      | <b>Cardio Flow*</b><br>8:30-9:30 a.m.<br>Emily Rusch      | <b>Contemporary Pilates*</b><br>8:30-9:30 a.m.<br>Tess Dorrier | <b>Contemporary Pilates*</b><br>8:30-9:30 a.m.<br>Sara Lavan                  |
|  |   | <b>Yoga*</b><br>9:45-10:45 a.m.<br>Lynn Liebreich         | <b>Cardio+Strength:Circuit*</b><br>9:45-10:45 am<br>Kristine Duba | <b>Yoga*</b><br>9:45-10:45 a.m.<br>Melanie Petronzio      | <b>Cardio+Strength*</b><br>9:45-10:45 a.m.<br>Alyssa Hjembo    | <b>Yoga*</b><br>9:45-10:45 a.m.<br>Kat Buechel                                |
| <b>Aerial Yoga</b><br>10:45-11:45 a.m.<br>Renee Miller   | <b>Ballet</b><br>11:00-12:15 p.m.<br>Ila Conoley/Calynn   | <b>HIIT*</b><br>11:00-11:45 am<br>Kristine Duba           | <b>Modern Dance*</b><br>11:00-12:15 pm<br>Silvia / Ila            | <b>HIIT THE BARRE*</b><br>11:00-11:45 a.m.<br>Ebony Jones | <b>Ballet*</b><br>11:00-12:15 p.m.<br>Silvia Burstein-Hendi    |   |
| <b>Ballet</b><br>12:00-1:15 p.m.<br>Christine Heckel   |   |   |   |   |  |   |
| <b>Barre</b><br>1:30-2:30 p.m.<br>Brianna Peña-Serrano   |   |   |   |   |  | <b>Postpartum Core Rehab SERIES (MAY)</b><br>2:00-3:15 p.m.<br>Kate Fahs      |
|  |   |   |   |   |  |   |
| <b>Rhythm Tap</b><br>5:30-6:30 p.m.<br>Chris Denby   | <b>Core+Strength</b><br>6:45-7:45 p.m.<br>Kristine Duba   | <b>Aerial Yoga</b><br>6:45-7:45 p.m.<br>Sarah Craig       | <b>Modern Dance</b><br>6:45-8:00 p.m<br>Silvia Burstein-Hendo     | <b>Aerial Yoga</b><br>6:45-7:45 p.m.<br>Renee Miller      | <b>Friday Night Flow</b><br>6:45-7:45 p.m<br>Nadiya Mahmood    |   |
|  | <b>Aerial Yoga</b><br>8:00-9:00 p.m.<br>Renee Miller      | <b>Cardio+Strength</b><br>8:00-9:00 p.m.<br>Alyssa Hjembo | <b>Barre</b><br>8:00-9:00 p.m<br>Brianna Pena-Serrano             | <b>Cardio+Dance</b><br>8:00-9:00 p.m.<br>Mara Stewart     |  |   |