



SPRING 2018

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