

MAY 2019

<p>C.C. = <u>Complimentary Class</u>: Free to all SH members S.C. = <u>Specialty Class</u>: Purchase Through Spa Desk/Open to SH members</p> <p>Questions? Contact Pamela Poisson #352-585-2813 or inhomept@live.com</p>	<p>Specialty Classes Currently Available:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <p>▪ <u>Yoga</u> May 6-27 • M • 8:30-9:30 am • \$15/MO May 6-27 • M • 6:00-7:00 pm • \$15/MO</p> </td> <td style="width: 50%; border: none;"> <p>▪ <u>Aqua Body Tuning</u> May 6-31 • M/W • 10:30-11:30 am • \$35/MO</p> </td> </tr> </table>	<p>▪ <u>Yoga</u> May 6-27 • M • 8:30-9:30 am • \$15/MO May 6-27 • M • 6:00-7:00 pm • \$15/MO</p>	<p>▪ <u>Aqua Body Tuning</u> May 6-31 • M/W • 10:30-11:30 am • \$35/MO</p>
<p>▪ <u>Yoga</u> May 6-27 • M • 8:30-9:30 am • \$15/MO May 6-27 • M • 6:00-7:00 pm • \$15/MO</p>	<p>▪ <u>Aqua Body Tuning</u> May 6-31 • M/W • 10:30-11:30 am • \$35/MO</p>		

Class Cancellations This Month: All Yoga – Monday, May 13 All Classes – Monday, May 27

	8:30 am	9:30 am	10:00 am	10:30 am		6:00 pm
Monday	<u>REVIVE & RENEW YOGA</u> <i>Ana</i> S.C.	<u>FULL BODY BLAST</u> <small>LOW-IMPACT CARDIO & WEIGHTS</small> <i>Pamela</i> C.C.		<u>AQUA BODY TUNING</u> <i>Amy</i> S.C.		<u>PEACEFUL MIND YOGA</u> <i>Ana</i> S.C.
Tuesday						
Wednesday				<u>AQUA BODY TUNING</u> <i>Amy</i> S.C.		
Thursday			<u>MAT PILATES</u> <i>Pamela</i> C.C.			
Friday	<u>REVIVE & RENEW YOGA</u> <i>Ana</i> C.C.			<u>JUST ADD WATER FITNESS</u> <i>Amy</i> C.C.		

