



September Series/Workshop Class Schedule

651.415.9500 www.balanceforlifefitness.com

3555 Lexington Ave N Arden Hills 55126

Note, series classes are 4-6 weeks and are the same time, same day, same group, same instructor for that set schedule.

Note, workshops are one time classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:25 am Begin/Inter Pilates Mat ZOOM Anne 9/12-10/3 \$48 for 4 weeks			9-10 am Begin/ Inter Pilates Reformer ZOOM Anne 9/8-9/29 \$75 for 4 weeks			9:30-10:25 am Upper Body Rolling Workshop Rhiana Sept 18th \$35 includes set up rolling balls
9:45-10:45 am TaiChi Richard 9/12-10/3 \$48 for 4 weeks			11:30-12:30 pm Upper Body Rolling Workshop Rhiana Sept 15th \$35 includes set up rolling balls			10:35-11:30 am Lower Body Rolling Workshop Rhiana Sept 18th \$35 includes set up rolling balls
			Noon-1 pm Lower Body Rolling Workshop Rhiana Sept 22nd \$35 includes set up rolling balls			11:35-1:05 pm Yoga Blend Stephanie 9/18-10/9 \$75 for 4 weeks
		12:05-1 pm Osteo. Reformer class Level 2 Liz 9/7-9/28 \$100 for 4 weeks	12:05-1 pm 7 week Essential Reformer Class Liz 9/8-10/20 12:15-1:45 pm Yoga Blend Stephanie 9/16-10/7 \$75 for 4 weeks	12:05-1 pm Intro to Rolling Workshop Kari Sept 16th \$35 includes set up rolling balls		
	5-5:55 pm TaiChi Richard 9/6-9/27 \$48 for 4 weeks					
7:10-8:05 pm Yoga Basics Stephanie 9/12-10/10 \$60 for 5 weeks			7:10-8:05 7 week Essential Reformer Class Rachael 9/8-10/20			