

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Introducing Pilates Light! A new 30-minute, no-impact class focused on strengthening the body's core, while toning and conditioning your whole body. <i>Perfect for beginners, seniors, and anyone looking for a gentle by challenging class.</i></p>			<p><u>1</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p><u>2</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm</p>	<p><u>3</u> Cardio Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p><u>4</u> Booty Barre 8:15-9:00am</p>
<p><u>5</u> PowerCore Pilates 9:15-10:00</p>	<p><u>6</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm</p>	<p><u>7</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm</p>	<p><u>8</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p><u>9</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm</p>	<p><u>10</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am CYCLE 5:15-6:00pm No Yoga</p>	<p><u>11</u> Booty Barre 8:15-9:00am</p>
<p><u>12</u> PowerCore Pilates 9:15-10:00</p>	<p><u>13</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm</p>	<p><u>14</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p><u>15</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p><u>16</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm</p>	<p><u>17</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p>	<p><u>18</u> Booty Barre 8:15-9:00am</p>
<p><u>19</u> PowerCore Pilates 9:15-10:00</p>	<p><u>20</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm</p>	<p><u>21</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p><u>22</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p><u>23</u>  9:00-9:45am Turkey Trot! <i>Register online</i></p>	<p><u>24</u> Pilates Light 10:15-10:45am CYCLE 5:15-6:00pm No Yoga</p>	<p><u>25</u> Booty Barre 8:15-9:00am</p>
<p><u>26</u> PowerCore Pilates 9:15-10:00</p>	<p><u>27</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm</p>	<p><u>28</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm</p>	<p><u>29</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p>	<p><u>30</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm</p>	<p>Tuesday at 6:15 is now 20/20: 45-minute class featuring 20 minutes of cardio, 20 minutes of PowerCore and 5 minutes of stretching</p>	

Fee: \$13.00 for drop-ins; discounts are available for monthly registration and family registration.

Schedule is subject to change; changes/cancellations are announced at class and by email.

Call Kati Mellecker @ 978.514.2193 or visit www.katespowerhouse.com