

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>www.love139wellness.com visit online for detailed class descriptions & registration Standard Rates: Single class drop-in: \$10, 10 class package: \$80 (\$60 seniors) 24/7 Gym + Unlimited Classes: \$87/month (\$72/mo seniors)</p>				1	2	3
				5:30am Root & Rise 8:30am Pilates 5:30pm Barre	5:30am Sculpt + Sweat 9am Slow Flow	7:30am Barre 8:30am Zumba
4	5	6	7	8	9	10
2pm Chair Yoga 3pm Sabbath Flow	5:30am Sculpt + Sweat 8:30am Pilates 6pm Zumba 7:30 Gentle Yoga	5:30am Root & Rise 2:00pm Chair Yoga 5:30pm Barre 6:30pm Vinyasa Flow	5:30am Sculpt + Sweat 9am Slow Flow Yoga 6pm Zumba 7:30 Yoga Foundations	5:30am Root & Rise 8:30am Pilates 5:30pm Barre	5:30am Sculpt + Sweat 9am Slow Flow Yoga	7:30am Barre 8:30am Zumba
11	12	13	14	15	16	17
2pm Chair Yoga 3pm Sabbath Flow 6:30pm Vinyasa to benefit Veterans	5:30am Sculpt + Sweat 8:30am Pilates 6pm Zumba 7:30 Gentle Yoga (AJ)	5:30am Root & Rise 2:00pm Chair Yoga 5:30pm Barre 6:30pm Faithfully Fit @ South Rock	5:30am Sculpt + Sweat 9am Slow Flow Yoga 6pm Zumba 7:30 Yoga Foundations (A)	5:30am Root & Rise 8:30am Pilates 5:30pm Barre	5:30am Sculpt + Sweat 9am Slow Flow Yoga	7:30am Barre 8:30am Zumba (AM)
18	19	20	21	22	23	24
2pm Chair Yoga 3pm Sabbath Flow	5:30am Sculpt + Sweat 8:30am Pilates 6pm Zumba 7:30 Gentle Yoga	5:30am Root & Rise 2:00pm Chair Yoga 5:30pm Barre 6:30pm Vinyasa Flow	5:30am Sculpt + Sweat 9am Slow Flow Yoga 6pm Zumba	<i>Happy Thanksgiving!</i> 8:30am BarreSweatFlow Turkey Day Combo Class		7:30am Barre 8:30am Zumba
25	26	27	28	29	30	
2pm Chair Yoga 3pm Sabbath Flow	5:30am Sculpt + Sweat 8:30am Pilates 6pm Zumba 7:30 Gentle Yoga	5:30am Root & Rise 2:00pm Chair Yoga 5:30pm Barre 6:30pm Vinyasa Flow	5:30am Sculpt + Sweat 9am Slow Flow Yoga 6pm Zumba 7:30 Yoga Foundations	5:30am Root & Rise 8:30am Pilates 5:30pm Barre	5:30am Sculpt + Sweat 9am Slow Flow Yoga	
<p>Sun. 11/11 6:30pm Special donation-based Vinyasa class with Abra, benefiting 22BUDDYCHECK, Veterans Suicide Awareness.</p> <p>Tues. 11/13 6:30-8pm: Faithfully Fit event @ South Rock Christian Church. Join Kassi, Angie & the South Rock Ladies for biblical teaching on wellness & nutrition, plus an all-levels Christ centered yoga class.</p> <p>\$10, portion of proceeds benefit Embrace.</p>				<p>Join Shauna & Angie on Thanksgiving Day for the Turducken of fitness offerings! This class includes 45 minutes of combined elements of Sculpt + Sweat & Barre to create a fun, challenging, calorie torching, strength-based workout! We'll follow it with 25 minutes of gentle yoga to cool down and keep you going through all the holiday festivities.</p> <p>Advance Registration is required.</p> <p>SPECIAL DONATION BASED CLASS: please bring an unopened box of feminine hygiene products for Wichita Women's Initiative Network</p>		

