

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3RD Thursday FREE Wellness Workshop! February is National Heart Awareness Month so join us to discuss heart health, impacts of stress and tips for managing it.</p>					1	2
<p>2pm Chair Yoga 3pm Sabbath Flow</p>	<p>5:00am Sculpt + Sweat 5:45am Barre Express 8:30am Pilates 6pm Zumba 7:30 Gentle Yoga</p>	<p>5:30am Root & Rise 10am Chair Yoga 5:30pm Barre</p>	<p>5:00am Sculpt + Sweat 5:45am Barre Express 9am Slow Flow Yoga 6pm Zumba 7:15pm All-levels Flow</p>	<p>5:30am Root & Rise 8:30am Pilates 10am Chair Yoga 5:30pm Barre</p>	<p>5:00am Sculpt + Sweat 9am Slow Flow</p>	<p>7:30am Barre 8:30am Zumba</p>
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<p>www.love139wellness.com Visit us online for detailed class descriptions and advance registration</p> <p><i>Standard Rates:</i> Single class drop-in: \$10, 10 class package: \$80 (\$60 seniors) 24/7 Gym + Unlimited Classes: \$87/month (\$72/mo seniors)</p>				<p>All-levels Flow moves to Wednesday! This 45-minute class uses breath to movement integrating the body/mind connection and is welcoming to both new & advance yogis alike. Modifications will be given, as well as options to take postures to a new level. Be prepared to awaken your strength, energy, and flexibility in a fun atmosphere!</p>		