



Smart Bodies Class Schedule

CIRCUIT CONDITIONING W/ TYLER

- STRENGTH, TONE, ENDURANCE AND FLEXIBILITY
- FRI 6:30-7:30PM AND SUN 10-11AM

ALIGNMENT YOGA W/ DeWAYNE

- **SPINAL ALIGNMENT, CORE/POSTURE
STRENGTH AND FORCE GENERATED
BREATHING.**
- **TUES AND THURS 12:05-1:00PM**

3IN1 W/ Paul Bunting

- Power, Cardio and Body Conditioning with no equipment.
- Mon and Weds 8:15-9PM

PLEASE SIGN-UP @ FRONT DESK

COST: \$20 PER CLASS

CLASSES ARE OPEN TO CLIENTS AND NON-CLIENTS.