

Body & Soul of Kansas City, LLC
649 East 59th Street, Kansas City, MO 64110
816-363-8282
www.bodyandsoulkc.com

JUNE-AUGUST, 2019

Yoga I

Can't touch your toes? Afraid you may fall over? This class is for you. This class is also for those physically fit looking to soothe the mind, revitalize the body and energize the spirit! Lean the basic yoga postures and breathing techniques here.

Monday Evenings
5:30pm to 6:45pm
June 24 to August 26

Wednesday morning
9:00-10:15am
June 26 to August 28

Wednesday evening
6:30 to 7:45pm
June 26 to August 28

Friday Mornings
9:00am to 10:15am
June 28 to August 30

Saturday Mornings
9:00am to 10:15am
June 29 to August 31

Yoga II

You're not quite doing handstands, but you got downward dog down! In addition to learning more advanced poses, continue to develop strength, mobility and balance in this class.

Monday Evening
6:45pm to 8:00pm
June 24 to August 26

Yoga III

You ready to give that handstand a try? Good, because here it comes! Join this small supportive group of Body & Soul vets with this strength focused and almost aerobic work out.

Saturday Mornings
10:15am to 11:45am
June 29 to August 31

Awareness Through Movement®

THE FELDENKRAIS METHOD

Slow, repetitive movements done primarily lying down. These classes will heighten your awareness of your body, restore full range of motion, and improve breathing and posture.

Monday Mornings
9:00am to 10:00am
June 24 to August 26

Wednesday Evenings
5:30pm to 6:30pm
June 26 to August 28

Fitness Fusion

This class combines Pilates, Barre method, low impact cardio and more for a complete and challenging workout. We have some fun in this class!

Thursday Evenings*
6:30pm to 7:30pm
June 27 to August 29

Pricing

10 week series \$150

Thursday class does not meet on July 4

Fitness Fusion is a 9 week series \$135

\$275 for 2 classes per week

Unlimited \$285

\$18 for a single class