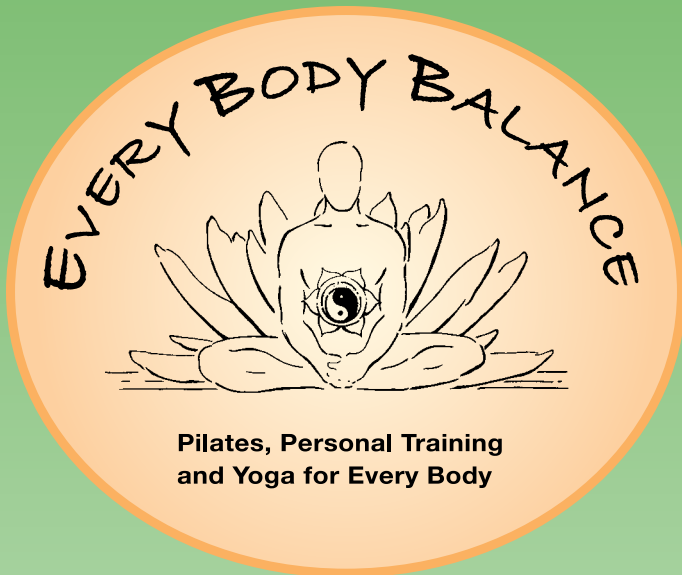


# February Vacation Week 02/13 - 02/21 2010



## MONDAY

8:35 am Pilates & Stretch Gina  
6:00 pm Pilates with Core Props Judy  
7:15 pm Candle Light Yoga for Every Body Joonu

## TUESDAY

8:35 am Core Balance Yoga and Pilates Combo (75min) Judy  
11:00am Gentle, Yoga Conditioning on Stability Ball Judy  
5:30 pm Strength & Flexibility Yoga for Every Body Joonu  
6:45 pm Pilates with Core Props Gina

## WEDNESDAY

9:30 am Core on the Ball (downstairs studio) Jen  
5:45 pm Athletic Yoga with Core (75min) Joonu

## THURSDAY

9:15 am Core Balance Yoga and Pilates Combo 75(min) Judy  
6:00 pm Core on the Ball Kathy  
7:15 pm Mat Pilates Kathy

## FRIDAY

6:30 am Core Conditioning Kathy  
9:30 am Pilates with Core Props Judy

## SATURDAY

8:30 am Pilates with Core Props Kristen  
8:30am Boot Camp (75 min) (no class on 2/20) Leah  
9:45 am Athletic Yoga for Every Body Joonu

## SUNDAY

9:15 am Strength & Flexibility Yoga for Every Body Lindsay  
10:30 am Mat Pilates Kathy  
11:45am Boot Camp (75 min)(no class on 2/21) Kathy

[www.everybodybalance.com](http://www.everybodybalance.com)

155 Boston Road Southborough, Ma 01772