

October 2018 Fitness Schedule

Mutch Women's Center for Health Enrichment * To Register Call (605) 328-7155

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
7:30							7:30	
8:00							8:00	
8:30			Strong Bones/Healthy Bones			Yoga	8:30	
9:00			Flexibility & Balance				9:00	
9:30	Total Body Boost	Gentle Yoga		Gentle Yoga		Intro to Fitness Oct. 13 at 9:30 a.m.	9:30	
10:00								10:00
10:30	Yoga	Lean Lady Yo+lates	Yoga	Yo+lates	Yoga		10:30	
11:00								
11:30							11:30	
12:00	Bosu, Body, Quiver	30 Minute Circuit Move, Tone & Strengthen	Jiggles & Wiggles	Sweat & Flex Circuit 30 Minute Circuit			12:00	
12:30							12:30	
1:00							1:00	
1:30						<p>Have Questions? Call (605) 328-7155 to speak with a personal fitness coach</p>  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Save \$\$ on Classes</p> <ul style="list-style-type: none"> Value Card 30/100 Card Pick 4 Card SuperDuper for Women </div>		
2:00		Move Through It		Exercise for the Mind & Body				
2:30								
3:00								
3:30					Infant Massage Oct. 11 th			
4:00								
4:30								
5:00	Fired Up for Flexibility & Balance	Mom2Be Prenatal Fitness						
5:30	MVe Chair Pilates	Yoga	Total Body Boost	Circuit MVe Chair Pilates	Prenatal Yoga		Yoga	Total Body Boost
6:00								
6:30				Intro to Fitness October 24 at 6:30 p.m.				
7:00								
7:30								

For more information on classes, events and services visit www.mutchwomenscenter.org

November 2018 Fitness Schedule

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:30							7:30
8:00							8:00
8:30			Move & Gain Confidence (Strong Bones/Healthy Bones)			Yoga	8:30
9:00			Flexibility & Balance				9:00
9:30	Total Body Boost	Gentle Yoga		Move & Calm Your Mind (Gentle Yoga)		Intro to Fitness Nov. 3 at 9:30 a.m.	9:30
10:00							10:00
10:30	Yoga	Yo+lates	Yoga	Yo+lates	Yoga		10:30
11:00							11:00
11:30							11:30
12:00	Move & Improve Stability	30 Minute Circuit Move.Tone & Strengthen	Carve Your Core	30 Minute Circuit Move.Tone & Strengthen			12:00
12:30							12:30
1:00							1:00
1:30							
2:00		Move Through It		Exercise for the Mind & Body			
2:30							
3:00							
3:30				Infant Massage Nov. 8 at 3:30pm			
4:00							
4:30							
5:00	Flexibility & Balance	Mom2Be Prenatal Fitness					
5:30	MVe Chair Pilates		Yoga	Move & Build Endurance	Circuit MVe Chair Pilates	Prenatal Yoga	Yoga
6:00							
6:30			Intro to Fitness November 28 at 6:30 p.m.				
7:00							
7:30							

Have Questions?
Call (605) 328-7155 to speak with a personal fitness coach



Save \$\$ on Classes

- Value Card
- 30/100 Card
- Pick 4 Card
- SuperDuper for Women

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