

# Mind & Body Week

April 5-11, 2014

## BodyFlow Launch

### Saturday, April 5

Cycle 60 - 8:00am  
BodyAttack Xpress - 8:30am  
Sh'Bam - 8:30am  
Aqua Zumba - 8:45am

Cycle RT - 9:15am  
BodyPump Xpress - 9:15am  
**BODYFLOW PROGRAM  
LAUNCH - 10:00am**

### Sunday, April 6

**BODYFLOW PROGRAM LAUNCH - 10:45am**  
\*All other classes as scheduled.

## Mind & Body

### Monday, April 7

**Mind & Body Day - 9-11am & 5-7pm**

#### Equipment Demos on the Fitness Floor

Aerial Yoga, Pilates Chair, Tai Chi Forms, Pilates Arc, Pilates Reformer (in Pilates Studio)

#### Refreshments Courtesy of McShanes

Oatmeal & Coffee - 9:00-11:00am • Quinoa Salad & Veggie Wraps - 5:00-7:00pm

### Tuesday, April 8 - Friday, April 11

#### FREE Class Demonstrations (registration required)

#### Tuesday, April 8

Barre - 8:30-9:00am  
Aerial Yoga - 11:30am-12:00pm  
Tai Chi - 2:00-2:30pm  
Aerial Yoga - 4:30am-5:00pm

#### Wednesday, April 9

Barre - 5:30-6:00pm  
Hot Yoga - 6:15-6:45pm

#### Thursday, April 10

Tai Chi - 4:30-5:00pm

#### Friday, April 11

Hot Yoga - 9:15-9:45am

### Thursday, April 10

#### Potluck Luncheon - 11:30am-1:30pm (registration required)

Bring in your favorite healthy dish and recipe (optional) and join us for lunch.

**FREE Hot Yoga passes for new first time students. (valid April 7-30, 2014)**



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