

rootenergystudio

yoga and personal training

CLASS SCHEDULE

Yoga:

Monday Gentle yoga 1:00 - 2:00 pm

Wednesday All Level 6:10 - 7:00 pm

Thursday All level 6:00 - 7:00 am

Classes \$15, walk in, or 10/\$100



December Tabata Classes

Burn 800-900 calories in one class.

Mon. 6:15pm, Plyo, Power, Agility
Somerset Rootenergy, limit 8, \$48

Thur. 4:00pm Plyo, Power Agility
Hudson, Healing Waters - limit 16 \$60

Sat 8:00am, Strength, Cardio, Core
Somerset Rootenergy, limit 4, \$48

Register for December by Nov. 30th

text, call or email to register: 651-208-3650

rootenergy@yahoo.com

\$15 Drop-ins allowed if space is avail...inquire

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Tammy 651-208-3650 rootenergy@yahoo.com rootenergyonline.com	29	30	1 SUNRISE YOGA 6-7am TABATA 4-4:45pm	2	3 TABATA 8-8:45 am
4	5 GENTLE YOGA 1-2pm TABATA 6:15-7pm	6	7 EVENING YOGA 6:10-7pm	8 SUNRISE YOGA 6-7am TABATA 4-4:45pm	9	10 TABATA 8-8:45am
11	12 GENTLE YOGA 1-2pm TABATA 6:15-7pm	13	14 EVENING YOGA 6:10-7pm	15 SUNRISE YOGA 6-7am TABATA 4-4:45pm	16	17 TABATA 8-8:45am
18	19 GENTLE YOGA 1-2pm TABATA 6:15-7pm	20	21 EVENING YOGA 6:10-7pm	22 NO CLASSES	23 NO CLASSES	24 NO CLASSES
25	26 NO CLASSES	27	28 EVENING YOGA 6:10-7pm	29 SUNRISE YOGA 6-7am TABATA 4-4:45pm	30	31 TABATA 8-8:45am
1 Merry Christmas!	2	3	4	5	6	7