

YOGA & PILATES

MAXIMIZE YOUR RUNNING POTENTIAL FOR PERFORMANCE,
STRENGTH, FLEXIBILITY, & INJURY PREVENTION

— ALL LEVELS WELCOME

GOODBODY'S

5301 WEST LOVERS LANE

MONDAY – 6:30 P.M.

Intro Iyengar Yoga
Randy Just

WEDNESDAY – 6:30 P.M.

Intermediate Pilates
Karon Karter

LUKE'S

3607 OAK LAWN AVENUE

MONDAY – 5:30 P.M.

Advanced Pilates
Karen Karter

MONDAY – 6:30 P.M.

Intro Pilates
Karon Karter

7 WEEKLY CLASSES FOR 23 WEEKS

Mondays, July 12 — December 13

Wednesdays*, July 14 — December 15

Thursdays, July 15 — December 16

Saturdays, July 17 — December 18

Equipment needed for Pilates: Pilates Mat & Strap

SUMMER — FALL 2010

LUKE'S YOGA & PILATES SERIES

BKS IYENGAR YOGA STUDIO

5539 DYER STREET

WEDNESDAY – 6:45 P.M.

Levels 1–2 Iyengar Yoga
Randy Just

THURSDAY – 7:30 P.M.

Intro Yoga

SATURDAY – 9:00 A.M.

Intro Iyengar Yoga
Randy Just

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