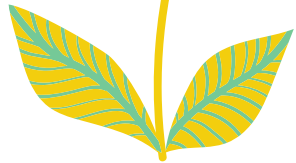


April 2024

LWFC FITNESS CENTER



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
7:00pm
Intermediate
Bellydance

2
10:00am
Yoga with
Allison

3
6:30pm
Yoga with
Allison

4
10:00am
Yoga with
Allison
6:00pm
Beginner
Bellydance
7:00pm
Fly Fusion
Bellydance

5
6
8:00am
Yoga with
Allison



14

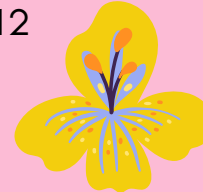
7
8
7:00pm
Intermediate
Bellydance

9
10:00am
Yoga with
Allison
6:00pm
Birthing From
Within

10
6:30pm
Yoga with
Allison

11
10:00am
Yoga with
Allison
6:30pm
Props
Bellydance

12
13
8:00am
Yoga with
Allison



28

15
7:00pm
Intermediate
Bellydance

16
10:00am
Yoga with
Allison
6:00pm
Birthing From
Within

17
6:30pm
Yoga with
Allison

18
10:00am
Yoga with
Allison
6:00pm
Beginner
Bellydance
7:00pm
Fly Fusion
Bellydance

19
20
8:00am
Yoga with
Allison
10:30am
Props
Bellydance

21
22
7:00pm
Intermediate
Bellydance

23
10:00am
Yoga with
Allison
6:00pm
Birthing From
Within

24
6:30pm
Yoga with
Allison

25
10:00am
Yoga with
Allison
6:30pm
Props
Bellydance

26
27
8:00am
Yoga with
Allison





Fitness Studio

WWW.LAKEWISSOTACHIROPRACTIC.COM



INTERMEDIATE BELLYDANCE WITH KRISTA

Mondays at 7:00pm. Everyone welcome! Intermediate level FCBD improvisational style. \$10 drop in.



BEGINNER BELLYDANCE WITH KRISTA

Thursdays at 6:00pm. Be ready to move, laugh and rock out to some good tunes. Beginner level FCBD improvisational style. \$10 drop in.

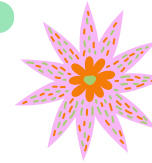


PROPS BELLYDANCE WITH ERIN

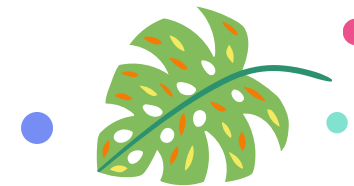
Thursdays at 6:30pm. Props! Classes will not only explore the moves of FCBD Style, we will explore the use of props with these moves as well. \$10 drop in.



Tuesdays at 10:00am, Wednesdays at 6:30pm, Thursdays at 10:00am, and Saturdays at 8:00am. Stretching, strength, and balance yoga classes for all levels! \$14 drop in.



YOGA WITH ALLISON



FLYFUSION BELLYDANCE WITH KRISTA

Thursdays at 7:00pm. Join us for this mixed-level Fly Fusion Bellydance class. No dance experience is required. \$10 drop in.



BIRTHING FROM WITHIN

A 4-week series that uses art, storytelling, mindfulness and reflection to help you prepare and make conscious choices for pregnancy, birth and beyond! Recommended for parents in their second or third trimester.