

# May 2023

## LWFC FITNESS CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



SUNDAY

1 7:00pm  
Intermediate  
Bellydance

2 6:00pm  
Prenatal  
Wellness  
Event

3

4 6:00pm  
Beginner  
Bellydance  
7:00pm  
Fly Fusion  
Bellydance

5



7 7:00pm  
Intermediate  
Bellydance

8 6:00pm  
Prenatal  
Yoga

10

11 6:00pm  
Beginner  
Bellydance  
7:00pm  
Fly Fusion  
Bellydance

12

13

14

15 7:00pm  
Intermediate  
Bellydance

16 6:00pm  
Prenatal  
Yoga

17

18 6:00pm  
Beginner  
Bellydance  
7:00pm  
Fly Fusion  
Bellydance



20

21 12:00pm  
Strategies  
for Labor &  
Birth

22 7:00pm  
Intermediate  
Bellydance

23 6:00pm  
Prenatal  
Yoga



25 6:00pm  
Beginner  
Bellydance  
7:00pm  
Fly Fusion  
Bellydance

26

27



29 7:00pm  
Intermediate  
Bellydance

30 6:00pm  
Prenatal  
Yoga

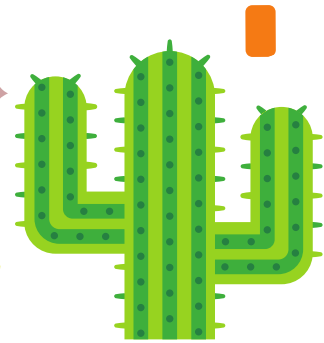
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# Fitness Studio

[WWW.LAKEWISSOTACHIROPRACTIC.COM](http://WWW.LAKEWISSOTACHIROPRACTIC.COM)



## INTERMEDIATE BELLYDANCE WITH KRISTA

Mondays at 7:00pm. Everyone welcome! Intermediate level FCBD improvisational style.

\$10 drop in.

## PRENATAL WELLNESS EVENT

Join Dr. Amy and Chelsea Vollmer, for a free evening of birth prep and movement. Start the night off with Dr. Amy guiding students through intention setting and a birth art activity, followed by a 60-minute prenatal yoga flow with Chelsea.

## PRENATAL YOGA WITH CHELSEA

This 4-week series will help you reduce the discomforts of pregnancy, prepare for labor, and maintain tone. First, second and third trimesters are welcome. Tuesdays at 6:00pm. \$60 for entire series or \$20 drop- in, register online.

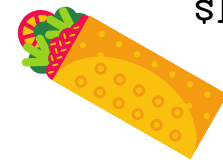
## BEGINNER BELLYDANCE WITH KRISTA

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

\$10 drop in.

## 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.



## STRATEGIES FOR LABOR & BIRTH COUPLES WORKSHOP

This couples workshop is recommended for those 28+ weeks who are seeking natural childbirth. Learn coping & relaxation techniques to ease labor and helpful positions to birth your baby. Partners will learn support techniques that are hands-on to help take the edge off contractions & release tension.

\$125 register online.

