

DAHLC Private Instruction Offerings - Sept to Dec 2017

Monday			Tuesday			Wednesday			Thursday			Friday	Saturday	Sunday
			AT 9-1pm									Yoga 9:00-10:00am <small>Relaxation Suite</small>	Pilates 9:15-10:15am	
AT 11:30am- 4:00pm									AT 11:30-1pm				Pilates 12:15-1:15pm	
						Pilates 1:30-2:30pm								
					Yoga 2:30-3:30pm <small>Relaxation Suite</small>						Yoga 2:15-3:15pm <small>Relaxation Suite</small>			
				Pilates 3:00-4:00pm										
Pilates 7:30-8:30pm														
			All Private Alexander Technique Sessions will be located in the Relaxation Suite. All Private Pilates Sessions will be located in the Reformer Studio. All Private Yoga Sessions will either be in the Relaxation Suite or Mind/Body Studio. To register, call the front desk at 507-266-4688									Private Alexander Technique Instruction Instructor: Laurel		
												Private Pilates Instruction Instructors: Torri/Marcy/Beth/Lori		
												Private Yoga Instruction Instructor: Stephanie		
			Fees: 30 minutes \$25 60 minutes \$50											