

Khore Studio Group Classes - Fall 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-9:15 Vinyasa Yoga All Levels (Liz) Sol room					9:30-10:45 Vinyasa Yoga All levels (Brian) Sol Room **Starts 9/21
9:30-10:45 Vinyasa Yoga All Levels (Carl) Sol Room	9:30-10:45 Serenity Yoga All Levels (Penny) Sol room	9:30-10:45 Sol Path Yoga All Levels (Chara) Sol room	9:30-10:45 Mat Pilates Level 2 (Kim) Sol room	9:30-10:45 Anusara Inspired Yoga Level 2 (John) Sol room	9:00-10:15 Sol Path Yoga All levels (Chara) Sol room	
9:30-10:45 Yogilates All Levels (Jenn) Luna Room*	9:30-10:45 Vinyasa Yoga Level 2 (Erin) Luna room	9:30-10:45 Power Yoga Level 2 (Liz) Luna room*	9:30-10:45 Vinyasa Yoga Level 1 (Sarah) Luna room*	9:30-10:45 Vinyasa Yoga Level 1 (Peggy) Luna room*	10:30-11:45 Vinyasa Yoga Level 2&3 (Erin) Sol room	
	9:30-10:45 Pilates Mat Level 1 (Lori) 1 st floor (Limited to 4)					
			4:00-5:00 Kids Yoga** Grades 3-5 (Jen K.) Luna room* Start 10/9			
	7:00-8-15 Vinyasa Yoga All Levels (Lisa) Sol room	6:30-7:45 Vinyasa Yoga All levels (Carl) Sol room	7:00 – 8:15 Iyengar Inspired Yoga All Levels (Patricia) Sol room			
7:00- 8:15 Vinyasa Yoga All Levels (Sarah) Sol room	7:00-8:15 Gentle Yoga All Levels (Jillian) Luna room*					

*Luna Room=Back Room, limited to 12 participants

Group Class Pricing

Single class \$20.00 - 10 Class Card \$165.00 (exp. 3 months)

20 Class Card - \$310.00 (exp. 4 months)

40 class pass - \$499.00 (savings \$300.00) expires 14 weeks

**Kids Yoga Program (4 weeks \$64.00 must register in advance) starting in
October

Private Training can be arranged through studio

15 Church Street Liberty Corner NJ 908-604-6995 www.khorestudio.com

Khore Studio Pilates Schedule - Fall 2008

"In ten sessions... you'll feel the difference, in twenty sessions... you'll see the difference, and in thirty sessions... you'll have a whole new body."

- Joseph Pilates

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15-9:15 Pilates Mat Class (Kim)	8:00-9:00 Reformer Class Level 1 (Kim) Start 9/23	9:00-10:00 Reformer Duet Level 1	9:00-10:00 Reformer Class Level 1 (Jenn)	8:00-9:00 Reformer Duet Level 1 (Kim) Start 9/19		
9:30-10:30 Reformer Class Beginner (Jenn)	9:00-10:00 Reformer Class Level 2 (Kim) Start 9/23	10:00-11:00 Reformer Duet	9:30-10:45 Pilates Mat Class Level 2 (Kim)	9:30-10:30 Pilates Equipment Private Beginner (Jenn)		
9:30-10:45 Yogilates (Jenn)	9:30-10:45 Pilates Mat Class Level 1 (Lori)			11:00-12:00 Pilates Equipment Private (Kim) Start 9/19		
11:00-12:00 Pilates Equipment Private (Kim) Start 9/22	10:00-11:15 Pilates Circuit Training Class (Kim) Start 9/23		12:30-1:30 Reformer Class Level 1 (Kim) Start 10/6			
12:30-1:30 Reformer Class Level 1 (Kim) Start 10/6						

Whether you are an elite athlete or beginner, you can benefit from pilates. The secret is non-impact resistance, which eliminates stress on your joints, making pilates safe and effective for all ages and fitness levels.

Khore Studio
15 Church Street Liberty Corner, NJ 07938
(908) 604-6995
www.khorestudio.com

*In the process of implementing new online class registration. Please call studio to reserve spot.