

# Group Classes at Center GYROTONIC®

## GYROKINESIS®

Mondays

Community on going class with Lucy Yim

6pm

\$5

**NEW**

\*\*\*\*Tuesdays\*\*\*\*

Breathing Class with Master Trainer Emma Kingston

10am

\$15

Thursdays

Intermediate/Advanced with Master Trainer Emma Kingston

1:30pm

\$15

You must have some experience and consult with the teacher before attending the intermediate/advanced class. It is always good to call to see if class is happening as teacher trainings interrupt the weekly class time.

**NEW**

\*\*\*\*Saturdays\*\*\*\*

Beginner Class with Lucy Yim

11am

\$15

## packages also available

### Group Classes on Equipment

We offer duo's and trio's on the equipment at various times during the week.. You must have some experience through privates and be familiar with set up of the equipment for the basic families. If you are not sure if you are ready for a group class please ask your teacher.

### Current On-going Classes

Mondays 2pm  
Trainer Class

Wednesdays 4:00pm  
Beginner/Intermediate

Thursdays 10am  
Intermediate

Please always call ahead to schedule for any classes. We are also always open to other class time requests

