

DAHLC Private Instruction Offerings - Sep to Dec 2018

Monday			Tuesday			Wednesday			Thursday			Friday	Saturday	Sunday
													Pilates 8:00-9:00am	
			AT 9:00-12:00pm						AT 9:00-12:00pm					
													Pilates 11:00am-12:00pm	Pilates 11:15am-12:15pm
AT 11:30-2pm														
						Yoga 2:30-3:30pm	Pilates 2:00-3:00pm				Pilates 2:15-3:15pm			
			<p>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</p> <p>Fees: 30 minutes \$25 60 minutes \$50 60 minutes 2 People \$75</p>									Private Alexander Technique Instruction Instructor: Laurel		
												Private Pilates Instruction Instructors: Torri/Marcy/Lori		
												Private Yoga Instruction Instructor: Stephanie		