

# SANDRA SWAMI: **SUMMER** "ZOOM" FITNESS CLASSES

<https://zoom.us/j/6284802316> Password: 873370

DAY	TIME (CST)	CLASS
MON	9:30 – 10am	Mindful Strength Training
	10 – 10:30am	Body & Brain Fitness
	10:30 – 11:30	Mat Pilates
TUES	No Classes	
WED	9:30 – 10am	Mindful Strength Training
	10 – 10:30am	Self-Fascial Stretch
	10:30 – 11:30	Mat Pilates
	6 – 7:15pm	Intermediate Yoga w/ Foam Roller
THURS	9:30 – 10am	Mindful Strength Training
	10 – 10:30am	Body & Brain Fitness
	12 – 1pm	Mat Pilates
	4:30 – 5:30pm	Yoga w/ Balance/Strength Focus
FRI	9:30 – 10am	Mindful Strength Training
	10 – 11am	HIIT
	11:30 – 12pm	Self-Fascial Stretch
SAT	9 – 9:30am	Mindful Strength Training
	9:30 – 10am	Body & Brain Fitness*
	12 – 1pm	Yoga w/ Balance/Strength Focus
SUN	9 – 10am	HIIT
	10:30 – 11:30am	Mat Pilates

\* This Saturday class time might change on occasion.

**COST:** Prefer payment through "Venmo," a free app, or pay via PayPal or personal check. (Reduced rates or free for those negatively affected by COVID; please talk with me directly: 651/208-4564).

**\$8.00 per 30-minute class**

**\$15.00 per 60 to 75-minute class**

**\$70 Weekly Unlimited Pass (Sun through Sat)**

**\$95.00 per hour for private/small group training**

SANDRA  
SWAMI

WELLNESS AND FITNESS CONSULTANT

5950 Churchill Street Shoreview, MN 55126  
sandraswami@mac.com 651.208.4564