

SANDRA SWAMI: "ZOOM" FITNESS CLASSES

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

DAY	TIME (CST)	CLASS
MON	9:30 – 10am	Mindful Strength Training
	11:30 – 12pm	Body & Brain Fitness
	1:30 – 2pm	Self-Fascial Stretch
	2 – 3pm	Mat Pilates
TUES	9:30 – 10am	Mindful Strength Training
	10:30 – 11:30	Intermediate Yoga
	11:30 – 12pm	Body & Brain Fitness
WED	9:30 – 10am	Mindful Strength Training
	11:30 – 12pm	Body & Brain Fitness
	12 – 1pm	Mat Pilates
	6 – 7:15pm	Intermediate Yoga w/ Foam Roller
THURS	9:30 – 10am	Mindful Strength Training
	11:30 – 12pm	Body & Brain Fitness
	2 – 3pm	Fascial Stretch-Inspired Pilates
	4:30 – 5:30pm	Yoga w/ Balance/Strength Focus
FRI	9:30 – 10am	Mindful Strength Training
	10 – 11am	HIIT
	11:30 – 12pm	Body & Brain Fitness
	12 – 12:30pm	Self-Fascial Stretch
SAT	1 – 1:30pm	Mindful Strength Training
	1:30 – 2pm	Body & Brain Fitness
	2 – 3pm	Yoga w/ Balance/Strength Focus
SUN	9 – 10am	HIIT
	10:30 – 11:30	Fascial Stretch-Inspired Pilates

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