

SANDRA SWAMI: *Fall/Winter* "ZOOM" FITNESS CLASSES

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

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
	4:30 – 5:30pm	Yoga w/ Balance/Strength Focus
FRI	9:30 – 10am	Mindful Strength Training
	10 – 11am	HIIT
SAT	9 – 9:30am	Mindful Strength Training
	12 – 1pm	Yoga w/ Balance/Strength Focus
SUN	9 – 10am	HIIT
	10:30 – 11:30am	Mat Pilates

COST: Prefer payment through "Venmo," a free app, or pay via PayPal or personal check. (Reduced rates or free for those with financial need; please talk to 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)
\$100.00 per hour for private/small group training

SANDRA
 SWAMI
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