

Studio 91

AT MORGAN RUN

Class Schedule

Monday

6:15 am - 7:00 am

8:00 am - 10:00 am

9:00 am - 10:00 am

SPIN w/ Vince

Vinyasa Core Yoga w/ Lynn

Mat Pilates w/ Lynn (\$10 Fee)

Tuesday

8:00 am - 9:00 am

9:00 am - 10:00 am

10:00 am - 10:30 am

Light Yoga w/ Ani

Total Body Workout w/ Ani

Stretch w/ Ani

Wednesday

8:00 am - 9:00 am

9:00 am - 10:00 am

5:00 pm - 6:00 pm

6:15 pm - 7:15 pm

Yin Yoga w/ Lynn

Pilates w/ Lynn (\$10 Fee)

SPIN w/ Tamilee

Golf Fit w/ Jeremy

Thursday

8:00 am - 9:00 am

9:00 am - 10:00 am

10:00 am - 10:30 am

5:30 pm - 6:30 pm

Light Yoga w/ Rose

Cardio Sculpt w/ Ani

Stretch w/ Ani

Hot Yoga Fusion w/ Sommer

Friday

9:00 am—10:00 am

SPIN & Sculpt w/ Tamilee

Saturday

7:30 am—8:30 am

9:00 am - 10:00 am

10:00 am - 11:00 am

SPIN w/ Vince

Hatha Yoga w/ Ani

Mat Pilates w/ Ani (\$10 Fee)

Sunday

10:45 am - 11:45 am

Yin Yoga w/ Lynn

Welcome Wellness CSI *Ingo Logé* to the Spa & Sport Retreat Team!



Ingo is a leading expert with 26 years in alternative health, nutrition, exercise prescription, and wellness. Ingo's charismatic spirit brings a very fresh perspective to the often serious subjects of exercise, digestive health, stress management, the foods we eat, our hormonal tides, exercise, growing older and personal health.

*"My training philosophy is simple, it is based on the understanding that life is a process of creation based on self-awareness. **Simply Put, Fitness Is A Relationship With Yourself Forever.** What I teach is a lifestyle, a new perspective on health and your overall well-being. My goal is to prepare you for a lifetime journey of healthy choices and practices. Your body and mind require a balance of sleep, rest, and exercise. My job is to help you on the path of innate healing."*

"CSI: Grocery Aisles" - Wednesday, November 11

Take an aisle-by-aisle eye opening rich in common sense virtual tour through the market and learn how the layout of a grocery store can affect eating choices. How fresh is fresh? What tastes better? Which is the healthiest and when organic is worth the extra cost and when it's not. Learn to decode food labels and make the healthiest, freshest choices possible.

This is a complimentary interactive lecture for Members ... guest fee - \$10.

Go on-line to www.morganrun.com or call 858-756-2471 to register