

June 2016

This month we can officially welcome in SUMMER! And may it shine down on you with all its' Glory!!

This month we also celebrate the men in our lives! Whether they are nurturing us or our children, our animals or our landscape, our homes or our grandchildren – They provide support to those around them, and we say “Thank You” and “We Love You”.

May I extend to you, my loving community, a Happy JUNE!!

Note Worthy Mentions:

- New!! **Yoga Class** w/ Deena Hamilton: Thursdays @ 8 am \$30 / month or \$10 drop-in.
- New!! **MOBBI** w/ Maryann Short: Tuesdays @ 6 pm (Not enough interest to keep the Fridays – Sorry) .
- New!! **Qigong** (chee gung) w/ Joan D'Argo: Mondays @ 10:15 am \$77 for June & July (7 wks) or \$13 drop-in.
- **YOGA w/Amy:** Mondays @ 7 p.m. – 4 week Session **\$32.00 ... Please Pre-Register for these rates. Drop-In for \$10/class**
- **Feldenkrais w. Alice: Will meet on Saturdays at 9:30 a.m.**
- **Tai Chi w/ Alice – TUESDAYS @ 10 – 11:30 a.m. & Saturdays @ 11 – 1 pm.** Please check w/ Alice to see if you can join them!
- Last Evening Pilates class will be Wednesday 6/8 @ 6 pm.
- **AQUA FIT w/ Camille - Will begin Saturday 6/11 @ 8 am. Provided the weather cooperates!**
- **Aqua –Fit classes resume Monday 6/13!! Self-Guided Mon & Fri @ 9am, Instructor-Led Wed & Sat @ 8am & Wed @ 6 pm!**

If you are interested in seeing any additional classes on the schedule, please let me know! I am happy to add programs that will meet your needs.

MOBBI: w/ MaryAnn Short: MOBBI - Which stands for “movement oriented brain body integration”. So if you are saying to yourself, “What is that?” I recommend that you google: Bal-A-Vis-X . MaryAnn is a Bal-A-Vis-X practitioner AND if you are wondering “who is this class for?” Well the answer is “EVERYONE”. You can read more on MaryAnn’s blog page: <http://mobbima.blogspot.com/> Or Visiting her website: <http://www.mobbima.com/> BUT you SHOULD COME and SEE for YOURSELF! The Tuesday session is \$32 / June Or Drop-In for \$11 .. Some other options - 1-on-1 session combos!!

4 sessions (1 sess/wk) @ 30 min each- \$35.00/session paid in advance. You could then attend any group sessions at no additional cost for that month.

Purchase single 30 min 1-on-1 session -\$40.00. You can then attend 1 group session no additional cost.

Family session - (2-4 people age 6 and above) 45 min. \$50.00. The adult(s) can then attend 1 group session per scheduled family session.

Yoga: w/ Deena Hamilton: Thursdays @ 8 am - Deena will start with an "easy Flow" and then work into Full Salutations and twists. Should be a great way to start your day!! The cost for the 5 Thursdays is \$40 or you may drop inn for \$10. Please let me know if this is a class you are interested in - I would like to know if this is a good day and time.

YOGA: w/ Ms Amy Hubbell: We will offer a 4 week Monday session beginning 6/6 @ 7pm, of our “gentle-flow” Yoga. The cost for the 4week session is \$32.00. If you do not wish to sign up for an entire session, you are still welcome to join in as your schedule permits. The drop-in cost for a yoga class will be \$10. Please remember that we need 6 signed up in order to hold this class.

Aqua-Fitness: W/Camille: The Pool is opening, Saturday 6/11!! You may exercise with fellow students on Mondays and Fridays at 9 am and Under Camille’s instruction on Mondays & Wednesdays @ 6 pm, and Wednesdays & Saturdays @ 8am. These classes are \$5 in advance or \$7 drop-in.

Qigong (chee gung) w/ Joan D'Argo: (pronounced chee gung) is an easy to learn system of self-care and self-healing that combines slow gentle movement with breath and intention. It excels at relaxing your body, calming your mind, and letting your spirit soar. Great at reducing stress and increasing energy. No previous experience necessary. All welcome! Relax Your Body, Calm Your Mind & Let Your Spirit Soar! For more info visit <<http://www.joandargo.com/>> or you may reach Joan @ 231-620-1713. \$77/ June & July or \$13 Drop-In.

CONDITIONING PILATES w/ Camille: Sculpting/Conditioning Pilates classes will be held on Monday & Friday mornings @ 9 am and Wednesday evenings @ 6 pm! This is a great low impact, high intensity, mind-full class that works the core as well as the cardiovascular system and the rest of the body too! With some light weights and a little yoga flair, and sometimes a ball or two!! It is something you have to try to appreciate! So come on and give it a try. You will be surprised and pleased with what you can gain from it. This class is \$7 drop-in or \$5 if you pre-purchase.

CARDIO w/ Camille: Camille's Cardio-Fitness classes will continue on Monday, Wednesday, Friday & Saturday mornings at 8 am. Camille's cardio classes are never the same, so you will never be bored and you are sure to always get a great workout. We work the cardiovascular and respiratory systems, and we never forget about those trouble zones!! It is a treat for the heart, the mind, the soul and the body!! You have to experience it to understand how true that statement really is!! Everyone is welcome ... always! :) And so are your requests!! This class is \$7 drop-in or \$5 if you pre-purchase.

FELDENKRAIS w/ Alice Brydges: Feldenkrais class will meet on Saturdays @ 9:30 a.m. The cost for this class is \$80 for 8 classes, \$96 for 12 classes or you can drop in for **\$12.00 / class**. Thank you for your support of this program; we are thrilled to be it to you!! **Special Announcement:** Alice will now be scheduling one-on-one private **Functional Integration** sessions. This is a nonverbal, hands-on form of the method designed for individuals desiring/ requiring more individualized attention. These sessions can be arranged directly with Alice and will be held here at the Studio! Functional Integration sessions typically last 45 minutes to an hour. These sessions are available by appointment and are offered for just \$60.00...this is less than the cost of a massage! You can learn more or schedule a session with Alice by calling her at 231-228-2303. (see more on the attached document).

T'AI CHI w/Alice Brydges: This month Alice will be offering a **Tuesday & Saturday Advanced Tai Chi Class**, you should check with Alice if you would like to join this class. Attached you will find documents that will give you some more information about these classes and Alice herself, should you wish to read more!

AQUA Fitness w/ Camille: I continue to offer AQUA-Fitness classes on Tuesdays & Thursday from 11 a.m. - 12 p.m. at the Scenic Hill Resort Best Western in Beulah (1400 US Hwy 31, Beulah #231-882-7754). If you are interested in this program, please feel free to contact me or just join us there!! The cost for this class is **\$7.00 /class**. Check out the calendar!

It is with great pleasure that I work to offer all that I can for you and this wonderful community! Never forget, that I am fulfilled by YOU!!

I look forward to seeing you all soon. With Love and Thanks, Camille Please feel free to forward this on to anyone you feel may be interested in any of this! Any questions?? Just Ask!!

Camille's Body Shop Studio

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June 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|--|--|---|
| <p>Camille's Classes: \$7.00 "drop-in". \$5.00/class 30 days \$6.00/class 60 days</p> | <p><u>Yoga Classes</u> Amy or Deena's \$10.00 "drop-in". Monday Evening 4 wk Session = \$32 Thursday Morning 5wk Session = \$40</p> | <p><u>Qigong w/ Joan:</u> Mondays @ 10:15 June & July 7 WK Session \$77.00 or \$13 Drop-in</p> | <p>1 Cardio 8 a.m. Pilates 6 p.m.</p> | <p>2 Yoga 8:00 a.m. Agnes C's B-Day Kris S's B-Day</p> | <p>3 Cardio 8 a.m. Pilates 9 a.m.</p> | <p>4 Cardio 8 am Feldenkrais 9:30 Tai Chi 11—1</p> |
| 5 | <p>6 Cardio 8 a.m. Pilates 9 a.m. 10:15 Qigong Cardio 6 p.m. Yoga 7 p.m.</p> | <p>7 Tai Chi 10-11:30 Frankfort: 8:30 & 9:30 Beulah: Aqua 11 a.m. 6 p.m. M.O.B.B.I.</p> | <p>8 Cardio 8 a.m. Pilates 6 p.m.</p> | <p>9 Yoga 8:00 a.m. Frankfort: 8:30 & 9:30 Beulah: Aqua 11 a.m. 7:30 pm FREE Talk "Herbology"</p> | <p>10 Cardio 8 a.m. Pilates 9 a.m.</p> | <p>11 Cardio 8 am (?) Feldenkrais 9:30 Tai Chi 11—1</p> |
| 12 | <p>13 Cardio 8 a.m. Aqua & Pilates 9 10:15 Qigong Aqua 6 p.m. Yoga 7 p.m.</p> | <p>14 Tai Chi 10-11:30  6 p.m. M.O.B.B.I.</p> | <p>15 *Cardio 8 a.m. Aqua 6 p.m.</p> | <p>16 Yoga 8:00 a.m. 7:30 pm FREE Talk "Muscle Response"</p> | <p>17 *Cardio 8 a.m. *Pilates 9 a.m. Aqua 9 a.m.</p> | <p>18 Aqua 8 am Feldenkrais 9:30 Tai Chi 11—1</p> |
| <p>19  HAPPY FATHER'S DAY Summer Begins!</p> | <p>20 *Cardio 8 a.m. Aqua & *Pilates 9 10:15 Qigong Susan C's B-Day Aqua 6 p.m. Yoga 7 p.m.</p> | <p>21 Tai Chi 10-11:30 6 p.m. M.O.B.B.I.</p> | <p>22 *Cardio 8 a.m. Aqua 9 am Aqua 6 p.m.</p> | <p>23 Yoga 8:00 a.m. Frankfort: 8:30 & 9:30 Beulah: Aqua 11 a.m. 7:30 pm FREE Talk "Iridology"</p> | <p>24 Cardio 8 a.m. Pilates 9 a.m. Aqua 9 a.m.</p> | <p>25 Aqua 8 am Feldenkrais 9:30 Tai Chi 11—1</p> |
| 26 | <p>27 Cardio 8 a.m. Aqua & Pilates 9 10:15 Qigong Aqua 6 p.m. Yoga 7 p.m.</p> | <p>28 Tai Chi 10-11:30 Frankfort: 8:30 & 9:30 Beulah: Aqua 11 a.m. 6 p.m. M.O.B.B.I.</p> | <p>29 Cardio 8 a.m. Aqua 9 am Aqua 6 p.m.</p> | <p>30 Yoga 8:00 a.m. Frankfort: 8:30 & 9:30 Beulah: Aqua 11 a.m. 7:30 pm FREE Talk "Reflexology"</p> | <p>Feldenkrais \$12.00 "drop-in". 8 classes = \$80.00 12 classes = \$96.00 Tai Chi \$100 /month \$15 drop in</p> | <p>M.O.B.B.I. Tues Eves \$32 Drop-in \$11 Ask about Packages!</p> |