

| Camille's Body Shop Studio | |
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| Camille DePalma-Frixen 821 E Valley Rd Maple City MI 449664 | Phone: 231-228-7265 Cell: 703-472-3222 Camille@CamillesBodyShop.info |

SEPT POOL:
\$7/X prepaid
\$9 drop-in
\$60 Monthly
Memberships

September 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| Camille's Virtual Class Pricing \$5 drop-in \$50 for unlimited/ mo Video Access Included | Amy's Friday Virtual Yoga Class \$20 month 4 video links!! <i>You can keep up with your practice</i> | Yamuna: \$60 for 4 classes \$17 drop-in OR \$75 / Month | 1 8 am H.I.I.T. w/ Camille | 2 9 am Pilates Core w/ Camille 11 am Feldenkrais 6 pm Yamuna | 3 8 am Cardio Dance w/ Camille | 4 Feldenkrais 10 am Yamuna Class 10:30 |
| 5 6:30 pm Yamuna w/ Kristi | 6 Labor Day Holiday! | 7 8 am Pilates Core w/ Camille 9 am Yamuna w/ Kristi Nancy M's B-Day | 8 8 am H.I.I.T. w/ Camille | 9 8 am Pilates Core w/ Camille 11 am Feldenkrais 6 pm Yamuna | 10 8 am Cardio Dance w/ Camille 9:15 Basic Pilates w/ Camille Maria's Bday 16h Anniversary | 11 Feldenkrais 10 am Yamuna Class 10:30 |
| 12 6:30 pm Yamuna w/ Kristi | 13 8 am Cardio Fit w/ Camille | 14 8 am Pilates Core w/ Camille 9 am Yamuna w/ Kristi | 15 8 am H.I.I.T. w/ Camille | 16 8 am Pilates Core w/ Camille 11 am Feldenkrais 6 pm Yamuna | 17 8 am Cardio Dance w/ Camille 9:15 Basic Pilates w/ Camille | 18 Feldenkrais 10 am Yamuna Class 10:30 Ellen P's B-Day |
| 19 6:30 pm Yamuna w/ Kristi | 20 8 am Cardio Fit w/ Camille | 21 8 am Pilates Core w/ Camille 9 am Yamuna w/ Kristi | 22 8 am H.I.I.T. w/ Camille | 23 8 am Pilates Core w/ Camille 11 am Feldenkrais 6 pm Yamuna | 24 8 am Cardio Dance w/ Camille 9:15 Basic Pilates w/ Camille | 25 Feldenkrais 10 am Yamuna Class 10:30 |
| 26 6:30 pm Yamuna w/ Kristi W. Orange Ovarian Cancer Walk | 27 | 28 | 29 Camille Possibly on Vacation this week PLEASE STAY TUNED for more info!! | | 30 | Feldenkrais: \$12 drop-in \$80 / 8 classes \$96 / 12 classes |