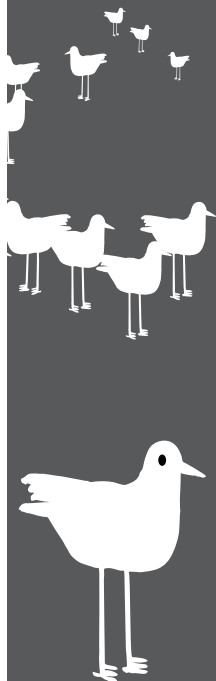


## JOIN US



### IN HONORING YOUR MIND BODY AND SPIRIT

We all know exercise is good for you. At the Kachmann Mind Body Institute, we strive to bring health, vitality and energy into your life through wellness programs designed to meet your needs.

Our studio is a compassionate, noncompetitive environment. Our instructors endeavor to make yoga and group exercise accessible, challenging and safe for students of all ages, skill and fitness levels.

### POLICIES AND NOTES

- FOR YOUR FIRST VISIT, PLEASE ARRIVE TEN MINUTES EARLY TO COMPLETE PAPERWORK.
- AS A COURTESY PLEASE TURN OFF YOUR CELLULAR PHONE UPON ARRIVAL.
- DUE TO LIMITED CLASS SPACE, PLEASE CALL OR GO ONLINE TO ENSURE YOUR SPACE.
- ALL CLASSES CAN BE TAKEN IN EITHER A GROUP OR PRIVATE SESSION.
- IF CLASS IS FULL, WALK-INS MAY NOT BE ACCOMMODATED.
- IF YOU CANNOT ATTEND CLASS AND HAVE A RESERVATION, YOU MUST CANCEL RESERVATION 24 HOURS PRIOR TO CLASS OR YOU WILL BE CHARGED FOR CLASS.
- CLASS PACKAGES ARE VALID AT ALL LOCATIONS.
- SENIORS 60+ RECEIVE 15% DISCOUNT.
- ALL CLASSES ARE ONGOING, JOIN ANYTIME.

### GROUP SESSIONS

SINGLE CLASS DROP IN	\$12
STUDENT/SENIOR <i>(NO GUARANTEE OF SPACE AVAILABILITY)</i>	\$8
5 CLASS PACK	\$40
10 CLASS PACK	\$75
20 CLASS PACK	\$130

### YEARLY UNLIMITED GROUP SESSIONS

*EXCLUDES WORKSHOPS*

ANNUAL MEMBERSHIP UNLIMITED CLASSES	\$49/MO.
ONE TIME ENROLLMENT FEE <i>(12 MONTH COMMITMENT)</i>	+\$49
ANNUAL MEMBERSHIP UNLIMITED CLASSES	\$495
FAMILY MEMBERSHIP UNLIMITED CLASSES <i>(2 ADULTS 3 CHILDREN MEMBER LIMIT)</i>	\$695

### PRIVATE SESSIONS

30 MINUTE SESSION	\$40
1 HOUR PRIVATE SESSION	\$65
1½ HOURS PRIVATE SESSION	\$90

### PRIVATE SESSION PACKAGES

6 ONE HOUR SESSIONS	\$350
12 ONE HOUR SESSIONS <i>(PER ADDITIONAL PERSON)</i>	\$630 +\$15

### SEMI PRIVATE SESSIONS

30 MINUTE SESSION FOR 2 PEOPLE	\$50
1 HOUR SESSION FOR 2 PEOPLE <i>(PER ADDITIONAL PERSON OVER 2)</i>	\$75 +\$5

~ PACKAGES ARE VALID AT ALL LOCATIONS

~ ALL CLASS PACKAGES ARE NON-TRANSFERABLE AND NON-REFUNDABLE

~ GIFT CERTIFICATES AVAILABLE

~ 90 DAY EXPIRATION ON ALL PACKAGES

260-420-YOGA (9642)

*KachmannMindBody.com*

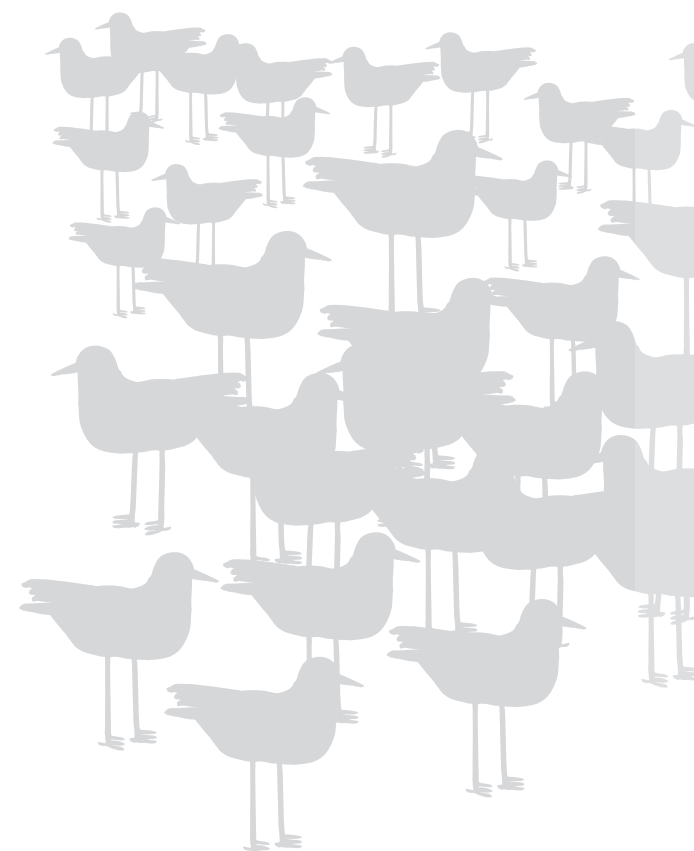
**Downtown Fort Wayne:**

*1301 Lafayette Street, Fort Wayne*

**Lutheran Medical Park, MOB1:**

*7900 West Jefferson Boulevard, Fort Wayne*

MAY  
CLASS SCHEDULE



kachmann  
*mind***BODY**  
institute

# MAY CLASS SCHEDULE

## LUTHERAN MEDICAL PARK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:30-5:30pm Zumba (Geri)	6:00-7:00am Pump (Erin) 9:30-10:30am Senior Fitness (Danielle) 2:30-3:15pm Mommy & Me (Dani) 6:00-7:00pm Kick/AB Blaster (Erin)	9:30-10:30am Yoga Basics (Dani) 3:30-4:30pm Pilates/Pump (Erin) 6:00-6:45pm Gentle Restorative Yoga (Kelly) 7:00-8:00pm Vinyasa Flow (Kelly)	9:30-10:30am Senior Fitness (Danielle) 1:00-2:00pm Pilates/Pump (Erin) 6:00-7:00pm Yoga Basics (Kristina)	6:00-7:00am Pump/AB Blaster (Geri) 9:30-10:30am Prenatal (Dani)	May 3: 11:00am Community Zumba Day Free to the Public!

## DOWNTOWN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:15pm Vinyasa Flow (Kelly)	6:30-7:30pm Yoga Basics (Dani)	5:45-6:30pm Gentle Restorative Yoga (Gretchen) 6:45-7:45pm Core Yoga (Gretchen)	6:00-7:15pm Vinyasa Flow (Dani)	9:30-10:30am Gentle Restorative Yoga (Kelly)	11:00-12:00pm Yoga Basics (Dani) No class on May 3

## DUPONT HOSPITAL RESOURCE CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00pm Pilates (Erin)	4:00-4:40pm Yoga for Kids (Dani) May 13-June 10	9:30-10:30am Yoga Basics (Gretchen) No class on May 21	6:00-7:00pm Yoga Basics (Gretchen)		

## PRE-REGISTERED CLASSES:

- Yoga for Kids
- Teen Yoga
- Mommy & Me Yoga
- Couples Yoga
- Qigong
- Cardiac Yoga
- Yoga for Breast Cancer Recovery

CALL TODAY FOR MORE INFORMATION: 420-YOGA (9642)

