

## Happy 14 Years to Mind Your Body!

Join us in our Celebrations with *Powerhouse Studio, Therapy Links, and Geronimo's!*

Come Play July 14<sup>th</sup> – July 22<sup>nd</sup> 2019

**How to WIN:** Complete all 8 classes in 8 days (in any order) 3 classes cardio, 2 strength, and 3 flexibility for 30–60 minutes to be entered to win fabulous prizes!

CARDS MUST BE INITIALED BY INSTRUCTORS

**Be one of the first 14 people to register and pay \$14 for the punch card!**

After the lucky 14 the punch card is \$25

**Register at MYB, Therapy Links, or Powerhouse Studio**

(Not included: \$9 Geronimo's Gym Fee; \$7 Lava Hot Springs Pool Fee)

Classes on back



## Cardio

- *The Powerhouse Indoor Cycling Studio in Station Square:* Get two FREE rides! For the 1<sup>st</sup> Free Ride visit <http://www.thepowerhouse.us/pricing> click on first ride free, check out, and book! To get the 2<sup>nd</sup> Free Ride email Angie at [seipowerhouse@gmail.com](mailto:seipowerhouse@gmail.com) tell her you are in the "Happy 14 Years Mind Your Body Challenge". She will credit you one more free ride for Mind Your Body's 8-day challenge.
- *Mind Your Body:* Zumba, Tap, or Ballroom Dancing. See schedule at [www.mindyourbodypocatello.com/schedule](http://www.mindyourbodypocatello.com/schedule)
- *Geronimo's:* with Lori Monday, July 15<sup>th</sup>, 10:00-11:00 AM (Geronimo Gym Fee not included)



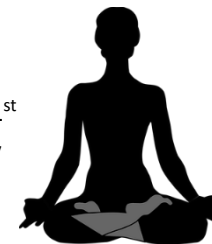
## Strength

- *Mind Your Body:* Functional Movement/ Isometrics Tues and Wed, July 16<sup>th</sup>-17<sup>th</sup>, 12:00-1:00 PM with Mary
- *Lava Hot Springs Olympic Pool:* Water Aerobics Friday, July 19<sup>th</sup>, 9:30-10:30 AM with Lori (pool fee not included)



## Flexibility

- *Mind Your Body:* Yin Yoga on Sunday July 14<sup>th</sup> and 21<sup>st</sup>
  - *Mind Your Body:* ANY Yoga class Mon – Friday July 15<sup>th</sup> -19<sup>th</sup>
- See *Mind Your Body* website for class times



## Lots of Raffle Prizes for Everyone

**Prizes to be won:** Massage by Jessica Kowallis, Massage by Mary Schmidt, Massage by Holly Pitre, MYB punch card, Callidora Facial, Private Pilates Equipment session with Jen Tolman and MANY, MANY MORE PRIZES!

