



Eden, UT 84310

801.745.2653

www.hafutah.com

Effective June 1st 2009

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Circuit Elizabeth	Sculpt Chandra		Sculpt Kristen		
6:00-8:00 AM	Power Half Hour (\$10 Fee)		Power Half Hour (\$10 Fee)		Power Half Hour (\$10 Fee)	
8:00 AM	Restorative Strength and Conditioning Stacey		Restorative Strength and Conditioning Joy	NIA Jesse	Restorative Strength and Conditioning	Yoga (Rotating)
9:00 AM		Yoga Danielle	Circuit Rotating	Yoga Danielle		

“Your body is your home. If you don’t take care of it, where will you live?” -unknown