



(Use your Black Dog Class Series)

class schedule FALL 2010

monday

9:15a - 10:15a **Mindful Body Sculpt** Chappell Westlake

tuesday

9:30a - 10:40a **Mindful Body Sculpt** Margaret Buckley

wednesday

9:15a - 10:15a **Mindful Body Sculpt** Chappell Westlake

thursday

9:30a - 10:40a **Mindful Body Sculpt** Margaret Buckley

friday

9:15a - 10:15a **Mindful Body Sculpt** Chappell Westlake

saturday

9:45a - 10:45a **Kick-BoX Burn** Joe Rivera

sunday

4:15p - 5:15p **Belly Dancing** Chappell Westlake

5:15p - 6:15p **Mindful Body Sculpt** Chappell Westlake

Classes subject to change without notice –
please check the website for current schedule.

The Dog Pound is part of Black Dog Yoga at 4454
Van Nuys Blvd. Suite 108, Sherman Oaks, CA 91403.
Call 818-380-0331 Email dogpound@blackdogyoga.com



class descriptions

MINDFUL BODY SCULPT

Learn to define, correct and strengthen your muscle imbalances while heightening your awareness and overall body's strength for optimal functioning on or off your mat. Using modern integrated and functional training techniques this energetic class is the fusion of yoga with traditional exercise modalities, incorporating cardio, light weights, resistance tools (bands, balls, discs) with yogic principles and innovative movement. A welcomed compliment to any yoga practice. All levels welcome.
(bring your sneakers and yoga mat)

KICK-BOX BURN

This is a circuit class designed by Joe Rivera to teach the combative art of Boxing and Kick-Boxing. It is super-intense and emphasizes proper execution of techniques and utilizes training drills used by world champion boxers. This cutting-edge training system will inspire and motivate while transforming your mind and physique. (bring your sneakers, we provide boxing gloves or bring your own)

BELLY DANCING

You don't have to be a dancer to enjoy the ancient art of belly dance. Come shake out your chakras and truly learn to "let go", for this innovative blend of styles and movement. Great for stress reduction, toning, strengthening, as well as opening channels of energy for an innovative form of alternative healing. All levels and gentlemen welcome.

Bring a towel to all of the classes!

prices

Single Class - \$17

KCRW Discount Price - \$14

Series:

5 classes	- \$ 70	(\$14 per class)	Monthly Unlimited - \$150
10 classes	- \$ 130	(\$13 per class)	6 Month Unlimited - \$750
15 classes	- \$ 180	(\$12 per class)	1 Year Unlimited - \$1,200
20 classes	- \$ 220	(\$11 per class)	Auto-deduct Unlimited - \$110/mo.
25 classes	- \$ 250	(\$10 per class)	

All class series are non-refundable and expire in 1 year.

Prices subject to change.