



Move Better Today!
Elizabeth Keith Movement Education
Spring 2012 Schedule

Feldenkrais Awareness Through Movement®

Ongoing Classes:

New Students Can Join at Any Time

Monday Evenings: 6:00-7:00 PM

Wednesday Afternoons: 4:00-5:00 PM

Cost for Classes: \$60.00 for 4 Classes

Tai Chi

Wednesdays: 6 Week Series of Classes

Series A: February 15th-March 21st

Series B: March 28th-May 2nd

Series C: May 9th-June 13th

Advanced Class: 9:00-10:00 AM

Intermediate Class: 10:15-11:15 AM

Beginning/Intermediate Class: 2:30-3:30 PM

Cost for 6 Week Series: \$70.00

Bones for Life®

Wednesdays: 6 Week Series of Classes

11:30 AM-12:30 PM

~~Series A: February 15th-March 21st~~

(Series A Class Closed due to Full Enrollment)

Series B: March 28th-May 2nd

Series C: May 9th-June 13th

Thursdays: 6 Week Series of Classes

10:00-11:00 AM

Series A: February 16th-March 22nd

Series B: March 29th-May 3rd

Series C: May 10th-June 14th

Cost for 6 Week Bones for Life® Series: \$40.00

Location:

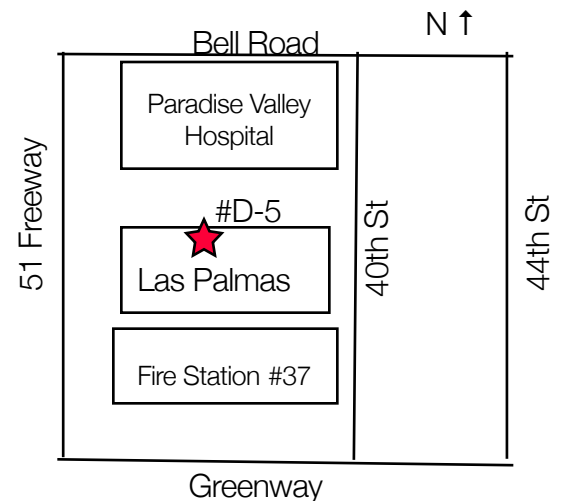
Elizabeth Keith's Studio

16620 N. 40th Street, Suite D-5

Phoenix, AZ 85032

40th Street just south of Bell Road

In the Las Palmas Medical & Dental Plaza



Space is Limited.

Please Call 602-885-8006 or
e-mail Ekeithaz@gmail.com
to register