



Move Better Today!

Elizabeth Keith Movement Education

January & February 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

January 4th-February 8th

Wednesday Mornings

Advanced Class: 9:00-10:00 AM

Intermediate Class: 10:15-11:15 AM

Wednesday Afternoons

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

Cost for Series: \$60.00

Bones for Life

January 4th-February 8th

~~Wednesday Mornings 11:30 AM-12:30 PM~~

(Class Closed due to Full Enrollment)

January 5th-February 9th

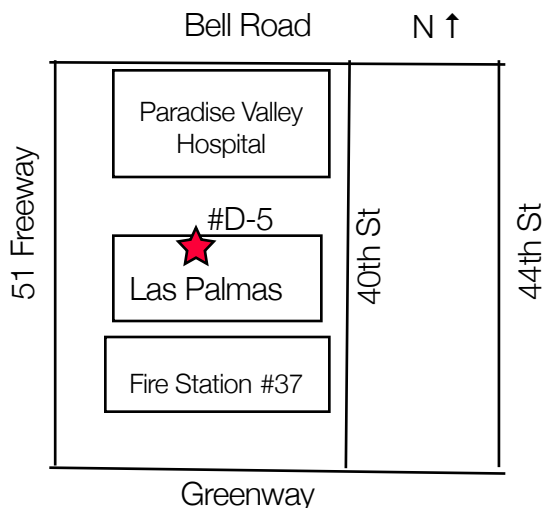
Thursday Mornings 10:00AM-11:00AM

Cost for Series: \$30.00

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