

CHESTERFIELD FAMILY CENTER



A yoga practice that brings together intention and fun. This calorie-scorching workout fuses power yoga, tribal dance, and body sculpting primal movements.

BUTI YOGA

This class will invigorate your body, mind, and soul while sculpting and toning the body of your dreams.

Chesterfield Family Center Hours of Operation

Monday - Friday

Facility: 5 a.m.-10 p.m.

Child Care: 8 a.m.-9 p.m.

Saturday

Facility: 7 a.m.-8 p.m.

Child Care: 9 a.m.-1 p.m.

Sunday

Facility: 10 a.m.-6 p.m.

Child Care: 12 p.m.-4 p.m.

Times

- Wednesdays 6:15 p.m. – starting Jan. 2
- Saturdays 8 a.m. – starting Jan. 5

Fee

Members: **FREE** to Members

Non-Members: Daily Fee to Non-Members

Location

Chesterfield Family Center - Fitness Studio

Please bring a yoga mat to class

Buti Yoga is for women ages 18 & up.

2511 W. Republic Rd. Springfield, MO. 65807 | 417.891.1616

Visit ParkBoard.org/Chesterfield for more information.