



# *The Studio*



**Weekly Movement Classes at A Step To Health  
410 Millstone Drive, Hillsborough, NC**

**Your first class is free!**

- Mondays at 12pm ~ Mindful Yoga
- Thursdays at 9am ~ Pilates for Your Core
- Thursdays at 6pm ~ Gentle Yoga
- Fridays at 10:30am ~ Yoga for a Balanced Life
- Saturdays at 10am ~ Restorative Movement
- Saturdays at 11:30am ~ MELT Foam Rolling

**Drop in for \$15 or enjoy our specials:**

5 classes for \$60 (expires in 2 months)

10 classes for \$100 (expires in 3 months)

***Reserve your spot in class at  
[www.asteptohealth.com/thestudio](http://www.asteptohealth.com/thestudio)***