

Summer Schedule - Effective July 8, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Gentle Yoga Flow Joseph		9:00 - 10:00 Gentle Yoga Shelley	9:00 - 10:00 Gentle Yoga Diane	9:00 - 10:00 Gentle Yoga Laura	9:00 - 10:00 Gentle Yoga (V) Brian	9:00 - 10:00 Happy Hips Fitness (V) Dawn-Marie
9:30 - 10:30 Core & More Fit (V) Dawn-Marie	9:30 - 10:30 Gentle Yoga (V) Cathy	10:30 - 11:30 Fitness Fusion Shelley	9:30 - 10:30 Core & More Fit (V) Dawn-Marie	9:30 - 10:30 Yoga Flow 1-2 (V) Shelley	9:15 - 10:15 Yoga Flow 2-3 Julia	9:15 - 10:15 Yoga Flow 1-2 Ksenia
10:30 - 11:15 Guided Relaxation & Crystal Bowl Sound Bath Glenda		10:45 - 12:00 Restore & Align Yoga Michael	10:45 - 11:45 Hatha Yoga Bhavin	10:30 - 11:30 Balance, Strength & Stretch Yoga Alison	10:30 - 11:30 Barrelates Mix (V) Anita	10:30 - 11:30 Yin Yoga (V) Diane
10:45 - 11:45 Gentle & Restorative (V) Dawn-Marie	10:45 - 11:45 Pilates Fusion (V) Cathy			12:00 - 12:45 Zumba Gold Christine	<p align="center">Upcoming Workshops & Events *</p> <p align="center">Nia Moving to Heal Gentle Class with Natasha Thursday, July 18 6:00 p.m. to 7:00 p.m.</p> <p align="center">The Six Healing Sounds + Sound Bath with Glenda Wednesday, July 24 7:00 p.m. to 8:15 p.m.</p> <p align="center">Somatic Yin with Brian Monday, July 29 7:15 p.m. to 8:45 p.m.</p> <p align="center">Nia PJ Dance Party with Natasha Tuesday, July 30 9:00 a.m. to 10:00 a.m.</p>	
12:00 - 1:00 Chair Yoga Lisa	1:00 - 2:00 Gentle Yoga Flow Diane	1:00 - 2:00 Gentle Flow & Meditation New! Laura	1:00 - 2:15 Gentle Somatic Yoga Glenda	1:00 - 2:00 Yin Yoga Glenda		
5:30 - 6:30 Hatha Yoga Su	5:45 - 6:45 Gentle Yoga Bhavin	5:30 - 6:30 Yogalates (V) Anita	6:00 - 7:00 Hatha Yoga Michael			
7:00 - 8:00 Flow & Let Go (V) Su	7:00 - 8:15 Yin & Meditation (V) Brian	7:00 - 8:00 Functional Yoga New! Julia L.	7:30 - 8:30 Gentle Yoga with Nidra (V) Julia			

Schedule Subject to Change. *Registration and separate fee may be required.
(V) indicates virtual sign-up available in addition to live in-studio class.