

**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><b>Upcoming Workshops &amp; Events *</b></p> <p><b>Morning Qigong for Happy Digestion with Glenda</b> Tuesday, August 6 9:15 a.m. to 10:15 a.m.</p> <p><b>Cello Yin with Glenda &amp; Paula</b> Wednesday, August 14 7:00 p.m. to 8:15 p.m.</p> <p><b>Nia Holistic Dance Fitness with Natasha</b> Thursday, August 15 6:00 p.m. to 7:00 p.m.</p> <p><b>Crystal Healing Restorative Yoga with Julie</b> Tuesday, August 20 6:30 p.m. to 8:00 p.m.</p>	
12:00 - 1:00 Chair Yoga Lisa	1:00 - 2:00 Gentle Yoga Flow Diane	1:00 - 2:00 Gentle Flow & Meditation <b>New!</b> 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 <b>New!</b> 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.