

JUST BREATHE YOGA STUDIO

1918 N. James St. Rome, NY 13440

315-337-4860, www.justbreatheyogastudio.com



Classes posted on calendar days are on a drop-in basis with no pre-registration needed. Please call or visit us online for class descriptions, rates, etc.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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Upcoming Special Classes & Sessions- (pre-registration required)

- Core Strength w/ Pilates:** Session starts Saturday, July 10th, 8:15-9:15am. 4 weeks, \$36
- Workshop w/ Lori Peryer, "Energy, Yoga & You!":** Saturday, July 17th, 11am-1pm. \$20
- Kid's Yoga Camp:** 1 week, July 12th-16th, 1-3pm daily. Ages 4-8 yrs. \$50
- Tween Yoga Camp:** 1 week, July 19th-23rd, 1-3pm daily. Ages 9-12 yrs. \$50
- Kickbox Bootcamp:** Session starts Tuesday, July 20th, 5:30-6:30pm. 5 weeks, \$45

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|---|-------------|---|--|----------------------------|-----------------------------------|---|----|---|
| | | | | | 1 9:30am Yoga I/II Sarah | 2 | | 3 CLOSED |
| | | | | | 7:00pm Yoga- all levels Vickie | | | |
| 4 | 5 CLOSED | 6 | 7 | 8 | 9:30am Yoga I/II Sarah | 9 | 10 | 9:30am Yoga I/II Lani * Special session start date. See above. |
| | | | | | 7:00pm Yoga- all levels Vickie | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 9:30am Yoga I Shelby * Special event start. See above 5:30pm Beginner Yoga Kelly 7:00pm Fusion Shelby | | 9:30 am Yoga I Shelby 5:30pm Zumba Jen 7:00pm Relaxing Yoga w/ Extended Meditation Shelby | | 9:30am Yoga I/II Shelby | | 9:30am Yoga I/II Lani * Special workshop. See above. | | |
| | | | | | 7:00pm Yoga- all levels Vickie | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 9:30am Yoga I Shelby *Special event start. See above 5:30pm Beginner Yoga Kelly 7:00pm Fusion Shelby | | * Special session start date. See above. 7:00pm Relaxing Yoga w/ Extended Meditation Shelby | 9:30 am Yoga I Sarah 5:30pm Zumba Jen | | 9:30am Yoga I/II Sarah | | | |
| | | | | | 7:00pm Yoga- all levels Vickie | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | | |
| 9:30am Yoga I Shelby 5:30pm Beginner Yoga Kelly 7:00pm Fusion Shelby | | 9:30 am Yoga I Sarah 5:30pm Zumba Jen | | 9:30am Yoga I/II Sarah | | 9:30am Yoga I/II Lani | | |
| | | | | | 7:00pm Yoga- all levels Vickie | | | |