2017

OCTOBER

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SUN	MON	TUE	WED	THU	FRI	SAT
1 **4:00 pm** All Levels Yoga-Liz	2 **9:30 am** Yoga I-Vickie **NO EVENING CLASSES**	3 **9:30 am** Beginner's Yoga-Nicole **10:45am** Yin Yoga *-Nicole **5:30 pm** Yoga I-Nicole **6:45 pm** Yin Yoga ***w/candlelight*** *-Nicole	4 **9:30 am** Slow Flow Yoga*-Nicole **4:00 pm** Yin/Yang Yoga* -Nicole	5 **9:30 am** Beginner's Yoga-Nicole **10:45 am** Mid-Morning Mindful Meditation-Nicole **5:15 pm** Slow Flow Yoga I/II*-Nicole **7:00 pm** Pilates -Vickie	6 **9:30 am** Yoga I/II-Vickie	7 **9:30 am** All Levels Yoga -Liz **10:45 am** Yin Yoga*-Nicole **12:30-5pm The Natural Breath YTT**
8 **4:00 pm** All Levels Yoga-Liz	9 **9:30 am** Yoga I-Vickie **5:30 pm** Beginner's Yoga-Nicole **6:30 pm*Just Breathe & Read Book Club***	10 **9:30 am** Beginner's Yoga-Nicole **10:45am** Yin Yoga *-Nicole **5:30 pm** Yoga I-Nicole **6:45 pm** Yin Yoga ***w/candlelight*** *-Nicole	11 **9:30 am** Slow Flow Yoga*-Nicole **4:00 pm** Yin/Yang Yoga* -Nicole **5:30pm The Natural Breath YTT***	12 **9:30 am** Beginner's Yoga-Nicole **10:45 am** Mid-Morning Mindful Meditation-Nicole **5:15 pm** Slow Flow Yoga I/II*-Nicole **7:00 pm** Pilates -Vickie	13 **9:30 am** Yoga I/II-Vickie **5:30 pm Relax & Renew w/Candlelight***-Nicole	14 **(10:00 am Stretch & Sip @Copper City Brewing-Nicole)**
15 **CLOSED**	16 **9:30 am** Yoga I-Vickie **5:30 pm** Beginner's Yoga-Nicole **(6:45 pm Prenatal Yoga-Nicole)**	17 **9:30 am** Beginner's Yoga-Nicole **10:45am** Yin Yoga *-Nicole **5:30 pm** Yoga I-Nicole **6:45 pm** Yin Yoga ***w/candlelight*** *-Nicole	18 **9:30 am** Slow Flow Yoga*-Nicole **4:00 pm** Yin/Yang Yoga* -Nicole	19 **9:30 am** Beginner's Yoga-Nicole **10:45 am** Mid-Morning Mindful Meditation-Nicole **5:15 pm** Slow Flow Yoga I/II*-Nicole **7:00 pm** Pilates -Vickie	20 **9:30 am** Yoga I/II-Vickie **5:30 pm Yin Nidra w/Candlelight****-Nicole	21 **9:30 am** All Levels Yoga -Tituba **10:45 am** Yin Yoga*-Elphaba **12:30-5pm The Natural Breath YTT**
22 **4:00 pm** All Levels Yoga-Tituba	23 **9:30 am** Yoga I-Helga Hufflepuff **5:30 pm** Beginner's Yoga-Elphaba **(6:45 pm Prenatal Yoga-Nicole)**	24 **9:30 am** Beginner's Yoga-Elphaba **10:45am** Yin Yoga *-Elphaba **5:30 pm** Yoga I-Cruella **6:45 pm** Yin Yoga ***w/candlelight*** *-Elphaba	25 **9:30 am** Slow Flow Yoga*-Cruella **4:00 pm** Yin/Yang Yoga* -Elphaba **5:30pm The Natural Breath YTT***	26 **9:30 am** Beginner's Yoga-Cruella **10:45 am** Mid-Morning Mindful Meditation-Elphaba **5:15 pm** Slow Flow Yoga I/II*-Cruella **7:00 pm** Pilates -Helga Hufflepuff	27 **9:30 am** Yoga I/II-Helga Hufflepuff **5:30 pm Relax & Renew w/Candlelight***-Elphaba	28 **9:30 am** All Levels Yoga -Cruella **10:45 am** Yin Yoga*-Elphaba
29 **4:00 pm** All Levels Yoga-Tituba	30 **9:30 am** Yoga I-Helga Hufflepuff **5:30 pm** Beginner's Yoga-Elphaba **(6:45 pm Prenatal Yoga-Nicole)**	31 **HAPPY HALLOWEEN!** **9:30 am** Beginner's Yoga-Elphaba **10:45am** Yin Yoga-Elphaba **(5:30 pm Blissful Restorative Yoga-Costumes Optional** -Elphaba)**	1 	2 ***75-90 min class*** ****2 hour class*** *****2 1/2 hour class***	3	
5	6					

DROP-IN CLASSES
(DAILY, WEEKLY OR MONTHLY)
DO NOT REQUIRE PRE-REGISTRATION.

SPECIAL SESSIONS, EVENTS & WORKSHOPS
PRE-REGISTRATION REQUIRED.

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FALL SAVINGS EVENT

Special Pricing on ALL Drop-class packages!

Offer Ends November 30th, 2017 *Excludes One Year AUTO PAY