

2017

DECEMBER



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SUN	MON	TUE	WED	THU	FRI	SAT
26	DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION. ----- SPECIAL SESSIONS, EVENTS & WORKSHOPS <i>PRE-REGISTRATION REQUIRED.</i>		29	30	1	2
3 4:00 pm All Levels Yoga-Liz	4 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	5 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga <i>w/candlelight*</i> -Nicole	6 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm <i>The Natural Breath YTT**</i>	7 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	8 9:30 am Yoga I/II-Vickie 5:30 pm <i>Relax & Renew w/Candlelight*</i> -Nicole	9 9:30 am Yin/Yang Yoga* -Nicole 11am <i>Just Breathe & Read Book Club</i>
10 4:00 pm All Levels Yoga-Vickie	11 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	12 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Mary 6:45 pm Yin Yoga <i>w/candlelight*</i> -Nicole	13 9:30 am Slow Flow Yoga*-Mary 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm <i>The Natural Breath YTT**</i>	14 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	15 9:30 am Yoga I/II-Vickie	16 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole 12:30-5pm <i>The Natural Breath YTT</i>
17 4:00 pm All Levels Yoga-Liz	18 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	19 9:30 am Beginner's Yoga-Nicole 5:30 pm Yin Nidra with candlelight**-Nicole	20 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm <i>The Natural Breath YTT**</i>	21 9:30 am Beginner's Yoga-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	22 9:30 am Yoga I/II-Vickie 5:30 pm <i>Relax & Renew w/Candlelight*</i> -Nicole	23 <i>(9:30 am Yin Winter Solstice Yoga**-Nicole)</i>
24 CLOSED	25 	26 CLOSED	27 9:30 am Slow Flow Yoga*-Nicole NO EVENING CLASSES	28 9:30 am Beginner's Yoga-Nicole NO EVENING CLASSES	29 9:30 am Yoga I/II-Vickie	30 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole

*Purchase a Gift Certificate or a Drop-in Class Package December 1st -23rd and receive \$10 in Yoga Bucks!
Yoga Bucks are redeemable from December 27th-January 31st, 2018 During Our New Year's Savings Event*

NEW YEAR'S SAVINGS EVENT

START 2018 OUT RIGHT WITH YOGA!

Lowest Prices of the year on Drop-In Class Packages!

Sale BEGINS Wednesday, December 27th

Be sure to watch for details

