

2017

AUGUST



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SUN	MON	TUE	WED	THU	FRI	SAT
30	31 <i>*75-90 min class **2 hour class ***2 1/2 hour class</i>	1 9:30 am Beginner's Yoga-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga *-Nicole	2 9:30 am Slow Flow Yoga*-Mary 6:00 pm <i>Yoga Teacher Training Information #1</i>	3 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Mary 7:00 pm Pilates -Vickie	4 9:30 am Yoga I/II-Vickie	5 9:30 am All Levels Yoga -Liz (10:00 am <i>Stretch & Sip @Copper City Brewing-Nicole</i>)
6 4:00 pm All Levels Yoga-Liz	7 9:30 am Yoga I-Nicole 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	8 9:30 am Beginner's Yoga-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga *-Nicole	9 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole	10 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	11 9:30 am Yoga I/II-Vickie	12 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole
13 4:00 pm All Levels Yoga-Liz	14 9:30 am Yoga I-Nicole 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	15 9:30 am Beginner's Yoga-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga *-Nicole	16 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole	17 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	18 9:30 am Yoga I/II-Vickie	19 9:30 am Yin/Yang Yoga* -Nicole 11:30 pm <i>Yoga Teacher Training Information #2</i>
20 (4:00 pm Blissful Restorative**-Nicole)	21 9:30 am Yoga I-Nicole 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	22 9:30 am Beginner's Yoga-Nicole 5:30 pm Yin Nidra**-Nicole	23 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole	24 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	25 9:30 am Yoga I/II-Vickie	26 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole 12 pm Just Breathe & Read
27 4:00 pm All Levels Yoga-Liz	28 9:30 am Yoga I-Nicole 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	29 9:30 am Beginner's Yoga-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga *-Nicole	30 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole	31 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	DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION. ----- SPECIAL SESSIONS, EVENTS & WORKSHOPS <u>PRE-REGISTRATION REQUIRED.</u>	
3	4	 SUMMER SAVINGS EVENT <i>Savings off <u>Select</u> Unlimited packages:</i> \$15 off- 3 month; \$25 off-6 month & \$50 off-One Year* Offer Ends August 31st, 2017 *Excludes One Year AUTO PAY				