

# JUNE 2018

*Celebrating 5 years Under Current Ownership!*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

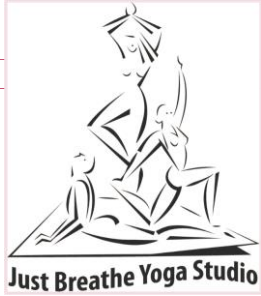
FRIDAY

SATURDAY

**DROP-IN CLASSES  
(DAILY, WEEKLY OR MONTHLY)  
DO NOT REQUIRE PRE-REGISTRATION.**  
**(SPECIAL SESSIONS, EVENTS & WORKSHOPS)**  
*PRE-REGISTRATION REQUIRED.*

Like Us on Facebook:  
justbreatheyogastudirome

\*75-90 min class  
\*\*2 hour class  
\*\*\*2 1/2 hour class



**Just Breathe Yoga Studio**

3  
9:30 am Vinyasa Yoga-Nicole  
4:00 pm All Levels Yoga-Alanna

4  
9:30 am Yoga I-Vickie  
**(11:00 AM Take a Seat Chair Yoga-Nicole)**  
4:15pm Mindful Yoga & Meditation-Colleen  
5:30 pm Beginner's Yoga-Nicole  
6:45 pm Slow Flow Yoga I/II\*-Nicole

5  
9:30 am Beginner's Yoga-Nicole  
10:45am Yin Yoga \*-Nicole  
4:00 pm Yoga Basics-Nicole  
5:30 pm Core Yoga-Vickie  
6:45 pm Yin Yoga\*-Nicole

6  
9:30 am Slow Flow Yoga\*-Nicole  
4:00 pm Yin/Yang Yoga\* -Nicole  
5:30pm Yoga I-Gabby  
**5:30-8 pm Yoga Teacher Training-Nicole**

7  
9:30 am Beginner's Yoga-Nicole  
10:45 am Mid-Morning Mindful Meditation-Nicole  
4:00 pm Gentle Yoga-Ceil  
5:15 pm Slow Flow Yoga I/II\*-Nicole  
7:00 pm Pilates -Vickie

1  
9:30 am Yoga I/II-Vickie  
**(11:00am Mommy & Baby Yoga-Nicole)**  
5:30-8 pm Yoga Teacher Training-Nicole

2  
9:00 am All Levels Yoga -Gabby  
9:30 am-3:30 pm Yoga Teacher Training-Nicole  
10:15 am Yin/Yang Yoga \*-Nicole

10  
9:30 am Vinyasa Yoga-Liz  
4:00 pm All Levels Yoga-Alanna

11  
9:30 am Yoga I-Vickie  
**(11:00 AM Take a Seat Chair Yoga-Nicole)**  
4:15pm Mindful Yoga & Meditation-Colleen  
5:30 pm Beginner's Yoga-Nicole  
6:45 pm Slow Flow Yoga I/II\*-Nicole

12  
9:30 am Beginner's Yoga-Nicole  
10:45am Yin Yoga \*-Nicole  
4:00 pm Yoga Basics-Nicole  
5:30 pm Core Yoga-Vickie  
6:45 pm Yin Nidra for New Moon\*-Nicole

13  
9:30 am Slow Flow Yoga\*-Nicole  
4:00 pm Yin/Yang Yoga\* -Nicole  
5:30pm Yoga I-Gabby  
**5:45pm Just Breathe & Read Book Club**

14  
9:30 am Beginner's Yoga-Nicole  
10:45 am Mid-Morning Mindful Meditation-Nicole  
4:00 pm Gentle Yoga-Ceil  
5:15 pm Slow Flow Yoga I/II\*-Nicole  
7:00 pm Pilates -Vickie

15  
9:30 am Yoga I/II-Vickie  
**(11:00am Mommy & Baby Yoga-Nicole)**

16  
9:00 am All Levels Yoga - Gabby  
10:15 am Yin/Yang Yoga \*-Nicole  
**(11:45 am Pull Up a Chair & Stretch Awhile, Practice Yoga with a Chair\*-Nicole)**

17  
  
9:30 am Yoga I-Vickie  
**(11:00 AM Take a Seat Chair Yoga-Nicole)**  
4:15pm Mindful Yoga & Meditation-Colleen  
5:30 pm Beginner's Yoga-Nicole  
6:45 pm Slow Flow Yoga I/II\*-Nicole

18  
9:30 am Yoga I-Vickie  
**(11:00 AM Take a Seat Chair Yoga-Nicole)**  
4:15pm Mindful Yoga & Meditation-Colleen  
5:30 pm Beginner's Yoga-Nicole  
6:45 pm Slow Flow Yoga I/II\*-Nicole

19  
9:30 am Beginner's Yoga-Nicole  
10:45am Yin Yoga \*-Nicole  
4:00 pm Yoga Basics-Nicole  
5:30 pm Core Yoga-Vickie  
6:45 pm Yin Yoga\*-Nicole

20  
9:30 am Slow Flow Yoga\*-Nicole  
4:00 pm Yin/Yang Yoga\* -Nicole  
5:30pm Yoga I-Gabby  
**5:30-8 pm Yoga Teacher Training-Nicole**

21  
9:30 am Beginner's Yoga-Nicole  
10:45 am Mid-Morning Mindful Meditation-Nicole  
4:00 pm Gentle Yoga-Ceil  
5:15 pm Slow Flow Yoga I/II\*-Nicole  
7:00 pm Pilates -Vickie

22  
9:30 am Yoga I/II-Vickie  
**(11:00am Mommy & Baby Yoga-Nicole)**

23  
9:00 am All Levels Yoga - Liz  
10:15 am Yin/Yang Yoga \*-Nicole

24  
9:30 am Vinyasa Yoga-Liz  
4:00 pm All Levels Yoga-Alanna

25  
9:30 am Yoga I-Vickie  
**(11:00 AM Take a Seat Chair Yoga-Nicole)**  
4:15pm Mindful Yoga & Meditation-Colleen  
5:30 pm Beginner's Yoga-Mary  
6:45 pm Slow Flow Yoga I/II\*-Nicole

26  
9:30 am Beginner's Yoga-Mary  
10:45am Yin Yoga \*-Nicole  
4:00 pm Yoga Basics-Nicole  
5:30 pm Core Yoga-Vickie  
6:45 pm Yin Yoga\*-Nicole

27  
9:30 am Slow Flow Yoga\*-Mary  
4:00 pm Yin/Yang Yoga\* -Nicole  
5:30pm Yoga I-Gabby

28  
9:30 am Beginner's Yoga-Mary  
10:45 am Mid-Morning Mindful Meditation-Nicole  
4:00 pm Gentle Yoga-Ceil  
5:15 pm Slow Flow Yoga I/II\*-Nicole  
7:00 pm Pilates -Vickie

29  
9:30 am Yoga I/II-Vickie  
**(11:00am Mommy & Baby Yoga-Nicole)**

30  
9:00 am All Levels Yoga -Mary  
9:30 am-3:30 pm Yoga Teacher Training-Nicole  
10:15 am Yin/Yang Yoga \*-Nicole

1918 N. JAMES ST. ROME, NY 13440

**315-337-4860**

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## Summertime Savings

*Savings off Select Unlimited packages:*

**\$15 off- 3 month; \$25 off-6 month & \$50 off-One Year**

**Offer Ends August 31st, 2018**

