

## September Calendar & Events

Sept. 8th - Sept. 29th  
Wednesdays, 7:30 - 8:30 PM  
**Restorative Yoga** w/Courtney

Saturday, September 11th  
10:30 AM - 12:30 PM  
**Meditation Workshop** w/Karen

Sept. 13th - October 8th  
Mon, Wed, Fri  
5:30 AM - 6:30 AM  
**Yoga Warriors** w/Jen

Sept. 17th - October 22nd  
Fridays, 6:15 - 7:15 PM  
**Yoga Booty Ballet** w/Courtney

Sept. 30th - November 18th  
Thursdays, 6:00 - 6:50 PM  
**Belly Dance for Health  
Core Training & Dance Flourishes**  
w/Iona

October 4th - November 8th  
Mondays, 7:30 - 8:45 PM  
**Beginner's Yoga** w/Courtney

**2<sup>nd</sup> Tuesday Yoga Nidra**  
Tuesday, September 14<sup>th</sup> 8:30 PM

**4<sup>th</sup> Thursday Guided Meditation**  
Thursday, September 23<sup>rd</sup> 8:30 PM

**Full Moon Flow**  
Sunday, September 19<sup>th</sup> 7:30 PM

<i>Ongoing Classes</i>			
Day	Time	Class	Instructor
Mon	9:00 AM - 10:15 AM	Hatha Yoga	Courtney
	6:00 PM - 7:15 PM	Hatha Flow	Courtney
Day	Time	Class	Instructor
Tues	9:00 AM - 9:45 AM	Gentle Yoga \$5 Class; No Passcards Please	Karen
	10:00 AM - 11:15 AM	Hatha Yoga	Karen
	11:30 AM - 12:15 PM	Restorative Yoga (FREE class reserved for those going through cancer and their caregivers;) September 7 <sup>th</sup> ; September 21 <sup>st</sup> - November 9 <sup>th</sup>	Karen
	6:00 PM - 6:50 PM	Hatha Yoga	Michele
	7:00 PM - 8:15 PM	Hatha Yoga	Aimee
Day	Time	Class	Instructor
Wed	7:00 AM - 8:00 AM	Hatha Yoga	Elise
	9:00 AM - 10:15 AM	Hatha Yoga	Courtney
	6:00 PM - 7:15 PM	Hatha Yoga	Jen
Day	Time	Class	Instructor
Thurs	9:00 AM - 9:45 AM	Gentle Yoga \$5 Class; No Passcards Please	Karen
	10:00 AM - 11:15 AM	Hatha Yoga	Karen
	7:00 PM - 8:15 PM	Hatha Yoga	Courtney
Day	Time	Class	Instructor
Fri	9:00 AM - 10:15 AM	Hatha Yoga	Karen
Day	Time	Class	Instructor
Sat	8:00 AM - 8:50 AM	Pilates	Casey
	9:00 AM - 10:15 AM	Hatha Yoga	Varies
New students are welcome in all ongoing classes without pre-registration. Please arrive 10 minutes before start time to sign-in and prepare. If you do not have a mat, we have them available for rent or purchase.			
<i>Sessions</i>			
Day	Dates & Times	Class	Instructor
Mon	Oct. 4 <sup>th</sup> - November 8 <sup>th</sup> 7:30 PM - 8:45 PM	Beginner's Yoga Session	Courtney
Wed	Sept. 8 <sup>th</sup> - Sept. 29 <sup>th</sup> 7:30 PM - 8:30 PM	Restorative Yoga Session	Courtney
Thurs	Sept. 30 <sup>th</sup> - Nov. 18 <sup>th</sup> 6:00 PM - 6:50 PM	Belly Dance for Health: Core Training and Dance Flourishes	Iona
Fri	Sept. 17 <sup>th</sup> - Oct. 22 <sup>nd</sup> 6:15 PM - 7:30 PM	Yoga Booty Ballet	Courtney
Mon,Wed,Fri	Sept. 13 <sup>th</sup> - Oct. 8 <sup>th</sup> 5:30 AM - 6:30 AM	Yoga Warriors Boot Camp	Jen
Pre-registration is required for sessions. No Passcards please.			