

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 9AM-Mixed Level-Randi 9AM-Mindful-Sandy
2	3 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Sandy 6:00-Yin-Sarah T 6:00- Mindful Motion/Bone Strengthening-Sandy	4 9 am – Mixed Level - Kerry	5 9:00-Ageless Lev 1&2/Shoulders-Kim 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Carolyn 6:30-Level 3-Liz 6:30-Prenat-Christina	6 9:00-Level 2-Erin 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Nancy 6:30-Level 1-Sarah T	7 9:00-Level 3-Randi 9:00-Restore/Med-Heather 10:30-Level 1-Randi 10:30- Ageless/Gentle-Sandy	8 9AM-Mixed Level-Liz 9AM-Mindful-Mary
9	10 9- Ageless Lev 1-Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Erin 6:00- Mindful Motion/Breath- Mary	11 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Susan 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan	12 9:00-Ageless Lev 1&2-Balance-Mary Lou 9:30-Yin-Linda 10:30-Gentle/Ageless-Nancy 6:30-Level 3-Kerry 6:30-Prenat-Christina	13 9:00-Level 2-Kim 9:15-Vinyasa Flow-Kerry 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Carolyn 6:30-Level 1-Kerry	14 9:00-Level 3-Sarah O 9:00-Med-Erin 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle-Carolyn	15 9AM-Mixed Level-Kerry 9AM-Mindful-Mary Lou
16	17 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Erin 6:00- Mindful Motion/Balance- Mary Lou	18 9:00-Level 1-Heather 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Susan 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan	19 9:00-Ageless Lev 1&2/Shoulders-Kim 9:30-Yin-Linda 10:30-Gentle/Ageless-Carolyn 6:30-Level 3-Randi 6:30-Prenat-Christina	20 9:00-Level 2-Erin 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Heather 11:00-Ageless Gentle-Nancy 6:30-Level 1-Kerry	21 9:00-Level 3-Randi 9:00-Restore/Med-Heather 10:30-Level 1-Randi 10:30- Ageless/Gentle-Carolyn	22 9AM-Mixed Level-Liz 9AM-Mindful-Mary
23	24 9- Ageless Lev 1-Heather 10:30-Level 2-Liz 10:30- Ageless/Gentle-Carolyn 6:00-Yin-Sarah T 6:00- Mindful Motion/Hip Flexors-Mary	25 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Liz 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Susan 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan	26 9:00-Ageless Lev 1&2/Low Back-Carolyn 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Carolyn 6:30-Level 3-Sarah O 6:30-Prenat-Christina	27 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Nancy 6:30-Level 1-Christina	28 9:00-Level 3-Sarah O 9:00-Med-Christina 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle-Nancy	29 9AM-Mixed Level-Kerry 9AM-Mindful-Mary Lou
30 Sunday Meditation 4 – 5:15 pm Sarah Thacker	31 9- Ageless Lev 1-Mary Lou 10:30-Level 2-Liz 10:30- Ageless/Gentle-Carolyn 6:00-Yin-Sarah T 6:00- Mindful Motion/Low Back-Mary Lou					

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