

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Carolyn 6:00-Yin-Brier 6:00- Mindful Motion-Neck & Shoulders - Mary Lou	3 9:00-Level 1-Christina 10:30-Level 3-Kathleen 10:30-Restore-Heather 5:00- Mixed Level-Rodney	4 Independence Day	5 9:00-Level 2-Kim 9:15-Vinyasa Flow-Kerry 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Sandy 5 pm-Lev 2- Return in Fall 6:30-Level 1-Kerry	6 9:00-Level 3-Louise 9:00-Med/Restore-Christina 10:30-Level 1-Christina 10:30- Ageless/Gentle-Carolyn	7 9AM-Mixed Level-Mary Lou 9AM-Mindful-Sandy
8	9 9- Ageless Lev 1 - Kim 10:30-Level 2-Sue 10:30- Ageless/Gentle-Sandy 6:00-Yin-Mary Lou 6:00- Mindful Motion-Core & More - Sandy	10 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Randi 10:30-Restore-GeGe 5:00- Level 2 -Rodney 5:00-Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina	11 9:00 - Ageless Lev 1-JoRoyce 9:30-Yin-Mary Lou 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Randi 6:30-Prenat-Resume in Fall	12 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Carolyn (balls) 5 pm-Lev 2-Resume in Fall 6:30-Level 1-GeGe	13 9:00-Level 3-Liz 9:00-Med-Mary Lou 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle-Mary Lou	14 9AM-Mixed Level-Kerry 9AM-Mindful-Mary Lou
15	16 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Carolyn (balls) 6:00-Yin-Brier 6:00- Mindful Motion-Balance & Breath - Mary Lou	17 9:00-Level 1-Kerry 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	18 9:00- Ageless Lev 1-Mary Lou 9:30-Yin-Linda 10:30-Gentle/Ageless-Mary Lou 6:30-Flow 2&3-Brier 6:30-Prenat-Resume in Fall	19 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Sandy 5 pm-Lev 2-Resume in Fall 6:30-Level 1-Kerry	20 9:00-Level 3-Randi 9:00-Med-Sandy 10:30-Level 1-Randi 10:30- Ageless/Gentle-Sandy	21 9AM-Mixed Level-Brier 9AM-Mindful-Liz
22	23 9- Ageless Lev 1-Heather 10:30-Level 2-Debbie 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Mary Lou 6:00- Mindful Motion-Healthy Back - Mary	24 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-Debbie 6:30-YogaMoves-Rodney 6:30-Level 1&2-Debbie	25 9:00- Ageless Lev 1-JoRoyce 9:30-Yin-Linda 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Kerry 6:30-Prenat-Resume in Fall	26 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Sandy 5 pm-Lev 2-Resume in Fall 6:30-Level 1-GeGe	27 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Randi (balls) 10:30- Ageless/Gentle-Mary Lou	28 9AM-Mixed Level-Kerry 9AM-Mindful-Mary
29	30 9- Ageless Lev 1-Heather 10:30-Level 2-Sue 10:30- Ageless/Gentle-Carolyn 6:00-Yin-JoRoyce 6:00- Mindful Motion-Legs & Feet - Mary	31 9:00-Level 1-Christina 10:30-Level 3-Kerry 10:30-Restore-Christina 5:00- Level 2 -Kerry 5:00-Level 1-Christina 6:30-Vinyasa Flow-Kerry 6:30-Level 1&2-Susan				

2018