



## Class Schedule for July 2016

### Monday

10:00 – 11:15 am = Strength & Balance

7:15 – 8:30 pm = Back Care Yoga

### Wednesday

10:00 – 11:15 am = Gentle/beginner Yoga

6:00– 7:15 pm = Yoga for Stress & Emotional Imbalance  
(A set of 4 classes from July 8th - July 29th)

7:30 – 8:30 pm = Special Series Yoga:

July 6th: Arm Balances & More

July 13th: Bring your Spouse/Partner Night

July 20th: Intro to Sun & Moon Salutations

July 27th: Relaxation Yoga

### Thursday

6:30 - 7:30 pm = Hatha Yoga All Levels

### Friday

10:00 – 11:15 am = Hath Yoga All Levels  
(Special class July 15th: 9:00 am hike; 10:00 am stretch)

For class descriptions and more details, please visit the website.