

# Mind-Body Studio August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Tarenne</u>	<b>2</b> 5:45 YFM Yoga <u>Mason</u> 8:00 YFM Yoga <u>Mason</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Yang Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u>	<b>3</b> 8:30 Beginner Yoga 1 <u>Tarenne</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Sarabeth</u>	<b>4</b> 8:30 Pilates <u>Tarenne</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Tarenne</u>	<b>5</b> 9:00 Beginner Yoga 1 <u>Nancy</u> 10:00 Flow Yoga Basics <u>Nancy</u> 11:15-12 PACE <u>Carol</u>
<b>6</b> 4:00 Flow Yoga Basics  <u>Nancy</u>	<b>7</b> 5:45 EarlyBird Yoga <u>Nancy</u> 8:30 Wall Yoga <u>Sarabeth</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sheree</u> 5:30 Pilates <u>Sheree</u>	<b>8</b> 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Sarabeth</u>	<b>9</b> 5:45 YFM Yoga <u>Mason</u> 8:00 YFM Yoga <u>Mason</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Yang Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u>	<b>10</b> 8:30 Beginner Yoga 2 <u>Nancy</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Tarenne</u>	<b>11</b> 8:30 Pilates <u>Tarenne</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Tarenne</u>	<b>12</b> 9:00 Beginner Yoga 2 <u>Billie</u> 10:00 Flow Yoga Basics <u>Nancy</u> 11:15-12 PACE <u>Billie</u>
<b>13</b> 4:00 Flow Yoga Basics  <u>Billie</u>	<b>14</b> 5:45 EarlyBird Yoga <u>Lisa</u> 8:30 Vinyasa Yoga <u>Tarenne</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sheree</u> 5:30 Pilates <u>Melissa A.</u>	<b>15</b> 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Sheree</u>	<b>16</b> 5:45 YFM Yoga <u>Mason</u> 8:00 YFM Yoga <u>Mason</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Yang Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u>	<b>17</b> 8:30 Beginner Yoga 3 <u>Tarenne</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Tarenne</u>	<b>18</b> 8:30 Pilates <u>Sheree</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sheree</u>	<b>19</b> 9:00 Beginner Yoga 3 <u>Jolynne</u> 10:00 Flow Yoga Basics <u>Jolynne</u> 11:15-12 PACE <u>Sheree</u>
<b>20</b> 4:00 Flow Yoga Basics  <u>Mason</u>	<b>21</b> 5:45 EarlyBird Yoga <u>Mason</u> 8:30 Flow Yoga Basics <u>Tarenne</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sheree</u> 5:30 Pilates <u>Sheree</u>	<b>22</b> 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Tarenne</u>	<b>23</b> 5:45 YFM Yoga <u>Mason</u> 8:00 YFM Yoga <u>Mason</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Yang Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u>	<b>24</b> 8:30 Beginner Yoga 4 <u>Nancy</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Sarabeth</u>	<b>25</b> 8:30 Pilates <u>Sheree</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sheree</u>	<b>26</b> 9:00 Beginner Yoga 4 <u>Mason</u> 10:00 Flow Yoga Basics <u>Mason</u> 11:15-12 PACE <u>Peggy</u>
<b>27</b> 4:00 Flow Yoga Basics  <u>Billie</u>	<b>28</b> 5:45 EarlyBird Yoga <u>Mason</u> 8:30 Wall Yoga <u>Sarabeth</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sheree</u> 5:30 Pilates <u>Sheree</u>	<b>29</b> 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Sarabeth</u>	<b>30</b> 5:45 YFM Yoga <u>Mason</u> 8:00 YFM Yoga <u>Mason</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Yang Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u>	<b>31</b> 8:30 Beginner Yoga5 <u>Tarenne</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Sarabeth</u>		