

Mind-Body Studio August 2019

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

