



K & K

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PLEASE SEE MINDBODY APP FOR CLASS MODIFICATIONS

Yoga ~ Health ~ Fitness

August 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am						ALL LEVELS YOGA Zach
10:00 am	CORE YOGA Zach	KIDS YOGA Kylie ALL LEVELS YOGA Moriah				BEGINNERS YOGA Zach
4:30 pm		SWEATY VINYASA FLOW Zach	WEIGHT LOSS SUPPORT GROUP Krysten	ALL LEVELS YOGA Zach		
5:00 pm	HATHA YOGA Zach		FAT BURNING CARDIO Hannah		RELAX & UNWIND YOGA Janice	
6:00 pm		RESTORATIVE YOGA Zach		KUNDILINI YOGA & MEDITATION Moriah		
6:30 pm	BEGINNERS YOGA Janice		NUTRITION CLASS Hannah SLOW FLOW YOGA Janice			
7:00 pm		BODY PUMP Hannah				

BLUE – 90 MINUTE CLASS AND HAS AN ADDITIONAL FEE OF \$2.00 FOR MEMBERS AND \$5.00 FOR DROP-INS.

KIDS YOGA - \$5.00 FOR MEMBERS AND \$10.00 FOR NON-MEMBERS.

WE WILL HAVE REGULARLY SCHEDULED STUDIO CLASSES ON THE AUGUST 11TH & 18TH (FREE YOGA AND BOOT CAMP IN THE PARK)