



## MAY SCHEDULE 2022

### MONDAY

10:00 – 11:15 FLOW FUSION  
5:45 – 6:45 YOGA SHRED™ VINYASA  
7:00 – 8:15 CORE & RESTORE

### TUESDAY

9:00 – 10:15 POWER YOGA  
10:30 – 11:30 SUPERSTRETCH  
4:00 – 5:15 HAPPY HIPS & BACK  
5:30 – 6:30 YOGAJUANA  
7:00 – 8:15 WARM FLOW FUSION

### WEDNESDAY

9:00 – 10:15 SONICYIN  
10:30 – 11:30 WARM FLOW FUSION  
5:45 – 7:00 YOGA FOR STRESS RELIEF  
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

### THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK  
10:30 – 11:45 GENTLE  
5:30 – 6:45 GENTLE  
7:00 – 8:15 WEIGHTLESS AERIAL YOGA

### FRIDAY

9:30 – 10:45 TGIF YOGA  
11:00 – 12:15 MORE CORE  
5:15 – 6:15 VINYASA  
6:30 – 7:30 YOGAJUANA

### SATURDAY

8:30 – 9:30 HOT YOGA  
10:00 – 11:00 DEEP STRETCH – YIN YOGA  
11:15 – 12:45 HEARTFUL HATHA YOGA

### SUNDAY

10:00 – 11:15 WARM FLOW FUSION  
12:00 – 1:15 DEEP STRETCH – YIN YOGA  
6:00 – 7:15 CANDLELIT RELIEF & RESTORATIVE



**Twice a week!  
Tuesdays and Fridays**

## SPECIAL EVENTS

### Gentle Yoga with Denise

Mother's Day Gentle Flow  
Sunday, May 8<sup>th</sup>

Time: 9:00 – 10:15 am

\*All other classes canceled.

### Sound Bath Meditation with Diane & Francesca

When: Sunday, May 15<sup>th</sup>

Time: 4:30 – 5:30 pm

Cost: Reg. class rates

### HOT 26/2 with Sallie

Sunday, May 22<sup>nd</sup>

Time: 8:00 - 9:30 am

Cost: Reg. class rates

### FREE Lakeside Yoga with Denise - Memorial Day

Monday, May 30<sup>th</sup>

Time: 9:00 – 10:00 am

\*All other classes canceled.



\*see website for registration links and details