

January 2023

“Year’s end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. For last year’s words belong to last year’s language and next year’s words await another voice. If you’re brave enough to say goodbye, life will reward you with a new hello.”
 -Unknown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 108 Sun Salutations (Winter Solstice 2022 + New Year 2023) 10:00am-12pm	2 (F) Vitality, Strength & Flexibility 6:00pm-7:30pm	3 (Y) Chair Yoga 6:00pm-7:00pm	4 (Y) Beginners Yoga 6:00pm-7:00pm	5 (F) Weight training, core & more 6:00pm-7:00pm	6 * Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	7 (Y) Hatha Flow 8:30am-9:30am (Y) Chair Yoga 10am-11am
8 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.	9 (F) Vitality, Strength & Flexibility 6:00pm-7:30pm	10 (Y) Chair Yoga 6:00pm-7:00pm	11 (Y) Beginners Yoga 6:00pm-7:00pm	12 (F) Weight training, core & more 6:00pm-7:00pm	13 * Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	14 (Y) Hatha Flow 8:30am-9:30am (Y) Chair Yoga 10am-11am
15 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.	16 (F) Vitality, Strength & Flexibility 6:00pm-7:30pm	17 (Y) Chair Yoga 6:00pm-7:00pm	18 (Y) Beginners Yoga 6:00pm-7:00pm	19 (F) Weight training, core & more 6:00pm-7:00pm	20 * Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	21 (Y) Hatha Flow 8:30am-9:30am (Y) Chair Yoga 10am-11am
22 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.	23 (F) Vitality, Strength & Flexibility 6:00pm-7:30pm	24 (Y) Chair Yoga 6:00pm-7:00pm	25 (Y) Beginners Yoga 6:00pm-7:00pm	26 (F) Weight training, core & more 6:00pm-7:00pm	27 * Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	28 We are Closed!!
29 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.	30 We are Closed!!	31 (Y) Chair Yoga 6:00pm-7:00pm				(F) = Fitness Class (Y) = Yoga Class (E) = Event

The calendar for Feb. 2023 will change as I begin my new journey, furthering my education in massage therapy. I will be in school on Saturday, all day and Monday evenings. The studio will be closed on those days until I graduate June 28th 2024. Classes will be rearranged from month to month as we see what works best for all of us. Please feel free to express your suggestions in the suggestion box located on the front counter. I will try my best to accommodate everyone as we journey through this change.

- Book your aerial private with us (Trapeze, Hammock, Olympic rings, Lyra)
- Personal Training
- Inversion Training
- Reiki, etc.

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