

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 EVOLVE-Z Yoga & More 10 Maple Street Hudson Falls, New York 12839 	"May your month of August be filled with wonderful blessings of good health, love, peace, happiness, and prosperity."					1 5:30 PM Zumba with Nicky w/ Zumba Nicky, \$10
2 Closed	3 6:00 PM Zumba with Nicky w/ Zumba Nicky, \$10	4 Closed	5 Closed	6 Closed	7 Closed	8 5:30 PM Zumba with Nicky w/ Zumba Nicky, \$10
9	10 6:00 PM Zumba with Nicky w/ Zumba Nicky, \$10	11 9:30 AM Easy Morning Movement w/Jim Zwynenburg w/ Jim Zwynenburg, \$10	12 6:00 PM Wednesday Reset Soundbath & Meditation w/ Laura Zwynenburg, \$15	13 9:30 AM Easy Morning Movement w/Jim Zwynenburg w/ Jim Zwynenburg, \$10	14 6:00 PM Sound Immersive Experience & Reiki w/Laura & Susan w/ Laura Zwynenburg & Susan Havens, \$35	15 5:30 PM Zumba with Nicky w/ Zumba Nicky, \$10 2:00 PM Sound Immersive Experience & Reiki w/Laura & Susan w/ Laura Zwynenburg & Susan Havens, \$35
16	17 6:00 PM Zumba with Nicky w/ Zumba Nicky, \$10	18 9:30 AM Easy Morning Movement w/Jim Zwynenburg w/ Jim Zwynenburg, \$10	19 6:00 PM Wednesday Reset Soundbath & Meditation w/ Laura Zwynenburg, \$15	20 9:30 AM Easy Morning Movement w/Jim Zwynenburg w/ Jim Zwynenburg, \$10	21	22 5:30 PM Zumba with Nicky w/ Zumba Nicky, \$10
23	24 6:00 PM Zumba with Nicky w/ Zumba Nicky, \$10	25 9:30 AM Easy Morning Movement w/Jim Zwynenburg w/ Jim Zwynenburg, \$10	26 6:00 PM Wednesday Reset Soundbath & Meditation w/ Laura Zwynenburg, \$15	27 9:30 AM Easy Morning Movement w/Jim Zwynenburg w/ Jim Zwynenburg, \$10	28	29 5:30 PM Zumba with Nicky w/ Zumba Nicky, \$10
30	31 6:00 PM Zumba with Nicky w/ Zumba Nicky, \$10					

Evolve Z Yoga & More- 10 Maple St, Hudson Falls, NY www.evolvezllc.com