

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>"Take care of your body. It's the only place you have to live."</i> <i>- Jim Rohn</i>		1 6 PM- Wednesday Reset Soundbath & Meditation w/Laura Z, \$15	2 9:30 AM Easy Morning Movement w/ Jim Zwynenburg, \$10	3	
5	6 6:00 PM Zumba with Nicky w/ Zumba Nicky, \$10	7 9:30 AM Easy Morning Movement w/ Jim Zwynenburg, \$10	8 6:00 PM Kundalini Yoga w/ Sangeeta Kaur , \$15	9 9:30 AM Easy Morning Movement w/ Jim Zwynenburg, \$10	10	11 5:30 PM Zumba with Nicky w/ Zumba Nicky, \$10
12	13 6:00 PM Zumba with Nicky w/ Zumba Nicky, \$10	14 9:30 AM Easy Morning Movement w/ Jim Zwynenburg, \$10	15 6 PM- Wednesday Reset Soundbath & Meditation w/Laura Z, \$15	16 9:30 AM Easy Morning Movement w/ Jim Zwynenburg, \$10	17 6:00 PM Sound Immersive Experience & Reiki w/ Laura Zwynenburg, \$35	18 2:00 PM Sound Immersive Experience with Reiki w/ Laura Zwynenburg, \$35 5:30 PM Zumba with Nicky w/ Zumba Nicky, \$10
19 2:00 PM Reiki Share (Reiki I&II level) Food Bank donation to join w/ Susan Havens, Reiki Master, \$0.01	20 6:00 PM Zumba with Nicky w/ Zumba Nicky, \$10	21 9:30 AM Easy Morning Movement w/ Jim Zwynenburg, \$10	22 6 PM- Wednesday Reset Soundbath & Meditation w/Laura Z, \$15	23 9:30 AM Easy Morning Movement w/ Jim Zwynenburg, \$10	24	25 5:30 PM Zumba with Nicky w/ Zumba Nicky, \$10
26	27 6:00 PM Zumba with Nicky w/ Zumba Nicky, \$10	28 9:30 AM Easy Morning Movement w/ Jim Zwynenburg, \$10	29 6 PM- Wednesday Reset Soundbath & Meditation w/Laura Z, \$15	30 9:30 AM Easy Morning Movement w/ Jim Zwynenburg, \$10	31	

Evolve Z Yoga & More- 10 Maple Street, Hudson Falls, NY 12839

www.evolvezllc.com