

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	As leaves fall, so too can we let go of what no longer serves us — and in that letting go, we find space for renewal and peace.			1 No Sessions	2	3 5:30 PM Zumba with Nicky w/ Nicky, \$10
4	5 6:00 PM Zumba with Nicky w/ Nicky , \$10	6 No Sessions	7 6:00 PM Wednesday Reset Soundbath & Meditation w/Laura Z, \$15	8 No Sessions	9 6:00 PM Sound Immersive Experience & Reiki w/Laura Z & Liz Beagle LMT, \$35	10 5:30 PM Zumba with Nicky w/ Nicky, \$10 2:00 PM Sound Immersive Experience & Reiki w/Laura Z & Susan Havens, \$35
11	12 6:00 PM Zumba with Nicky w/ Nicky , \$10	13 9:30 AM Easy Morning Movement with Jim Z, \$10	14 6:00 PM Wednesday Reset Soundbath & Meditation w/Laura Z, \$15	15 9:30 AM Easy Morning Movement with Jim Z, \$10	16	17 5:30 PM Zumba with Nicky w/ Nicky, \$10
18	19 6:00 PM Zumba with Nicky w/ Nicky , \$10	20 9:30 AM Easy Morning Movement with Jim Z, \$10	21 6:00 PM Wednesday Reset Soundbath & Meditation w/Laura Z, \$15	22 9:30 AM Easy Morning Movement with Jim Z, \$10	23	24 5:30 PM Zumba with Nicky w/ Nicky, \$10
25	26 6:00 PM Zumba with Nicky w/ Nicky , \$10	27 9:30 AM Easy Morning Movement with Jim Z, \$10	28 6:00 PM Wednesday Reset Soundbath & Meditation w/Laura Z, \$15	29 9:30 AM Easy Morning Movement with Jim Z, \$10	30	31 1:00 PM Sound Healing and Acupuncture w/ Kat MacKenzie & Laura Z, \$45

Evolve Z Yoga & More * 10 Maple Street, Hudson Falls, NY 12839 * www.evolvezllc.com