

# JUNE



# 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM <b>Shore Heat (Warm Yoga)</b> Heather Susan 6/11	<i>In the end, just 3 things matter: How well we have lived How well we have loved How well we have learned to let go...</i>		5:30AM <b>Barre Intensity</b>  Tabitha	9AM <b>Shore Zen Shred (30 MIN)</b> Courtney	8:30am <b>BUTI YOGA 55 Min</b> Courtney/Lauren	
8AM <b>Beginners/Gentle Yoga</b>  Andrea	9AM <b>ROCK YOUR FLOW (50Min)</b> Courtney PiYo 6/19	9:45AM <b>LesMills BodyFlow</b> Tami Courtney 6/6 Heather 6/27	8:30AM <b>Beginners/Gentle Yoga</b> Courtney	9:30AM <b>Barre Intensity</b> Courtney <b>LES MILLS BARRE (30 Min)</b> Tabitha <b>Starting 6/22</b>	9:30AM <b>Shore Heat Yoga (Warm Yoga)</b> Courtney	9:35AM <b>LESMILLS BODYFLOW</b> Patrick 6/3,6/24 Courtney 6/10 Heather 6/17
9AM <b>BUTI YOGA (45MIN)</b>  Courtney/Lauren	5:30PM <b>SHORE ZEN SHRED (30 MIN)</b> Courtney Susan 6/19		9:30AM <b>PiYo</b> Tami No Class 6/6 LesMills Barre 6/28	10:30AM <b>LesMills BodyFlow</b> Tami Heather 6/29 Yoga:6/8 Andrea	10:35AM <b>Restorative</b> Tami 6/2, 6/16 Courtney 6/9,6/30 NO CLASS 6/23	
10:35AM <b>LESMILLS BodyFlow</b> Courtney Tami 6/4,6/18	6PM <b>Barre (30Minutes)</b>  Jerry	4:30PM <b>Vinyasa Flow</b> Courtney Susan 6/20	5:30PM <b>BUTI YOGA (50 MIN)</b>  Courtney/Lauren	5pm <b>FRI-YAY FORMAT 6/1</b> <b>Barre Intensity</b> Lindsey 6/8 <b>BUTI YOGA</b> Courtney 6/15 <b>LES MILLS BARRE TEAM TEACHING 6/22</b> <b>Island Flow</b> Susan 6/29 <b>HIP HOP YOGA</b> Courtney/Betsy	11:30am <b>Tai Chi (6 week program)</b> Starting 6/9 Robby	
5PM <b>***NEW*** LES MILLS BARRE (30min)</b> Lindsay <b>Starting 6/18</b>	6:30PM <b>LESMILLS BODYFLOW</b> Heather	5:30PM <b>YIN YOGA</b>  Heather Courtney 6/6	6:30PM <b>Shore Heat (Warm Yoga)</b> Heather Susan 6/7,6/28		<p>EXCITING STUFF IN SHORE ZEN!</p> <p>Lots of awesome things happening in June! We are adding MORE Buti Yoga classes to the schedule! Now introducing Les Mills Barre- a ballet inspired barre class! Launching on Friday, June 15th. For our friends interested in more mindfulness we will be starting a 6 week Tai-Chi program with Robby on June 9th!!! We have renamed Shore Burn to Pilates Fusion! Remember, please use Mind Body to sign-up for classes. We use numbers to gauge the success of a class! Namaste!!!</p>	
5:30PM <b>Pilates Fusion</b>  Lauren	<p>ALL SHORE ZEN MEMBERS MUST SIGN INTO MIND BODY TO HELP US TRACK CLASS PARTICIPATION. PLEASE SEE FRONT DESK IF YOU NEED HELP SIGNING IN.</p>					