

SHORE ZEN: APRIL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

8:00 AM

GENTLE YOGA

Andrea
Courtney 8/15

"When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you."

— Shannon L Alder

5:30 AM

BARRE INTENSITY

Tabitha

5:30 AM

SHORE HEAT

Heather 4/5
Rosie 4/12
Susan

8:30 AM

BARRE INTENSITY

4/6,4/13
BUTI YOGA
4/20,4/27

9:30 AM

BODYFLOW

Susan
No Class 4/21

10:35 AM

BODYFLOW

Courtney
Andrea 4/29

9:00 AM

P140

Tami
Mat Pilates 4/30

9:45 AM

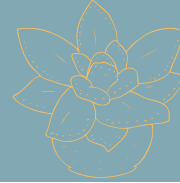
BODYFLOW

Tami

8:30 AM

GENTLE YOGA

Andrea



9:30 AM

SHORE HEAT

(Warm Yoga)
Courtney



SHORE ZEN
STUDIO

4:30 PM

Mat Pilates

Tabitha
P140
Tami 4/8

NEW TO SHORE ZEN?

We've got a lot of classes! Don't let this schedule intimidate you. We want to help you find your forever class. That one that leave you wanting more! Take a look at our SZ Class guide below!



10:35 AM

BODYFLOW

Tami

10:35 AM

RESTORATIVE

YOGA

No Class 4/13

5:00 PM

LESMILLS BARRE

Lindsay

5:30 PM

SHORE ZEN SHRED

Lindsay
Courtney 4/9



4:30 PM

VINYASA & Malas

Courtney

4:45 PM

Meditation
45 Minute

Cinzia

FRI-YAY FLOW

5:00 PM

4/5

YOGA NIDRA

Cinzia

5:00 PM

4/12

Renewal Flow

Rosie



SHORE ZEN
STUDIO

What's Happening in April

We are re-branding Shore Zen's logo! Take a look above and to the left of this box. We LOVE IT. This logo will soon be replacing our current logo.

COMING SOON: Aerial Yoga
Details to come!

LesMills Barre & Flow Launch

Sunday, April 7th, 8:30 & 9:30am

NEW CLASS: Vinyasa&Malas

Wednesdays at 4:30! In this series we will do a 50 minute yoga practice and learn how to use Malas at the end during our meditation!

5:30 PM

BODYFLOW

Tami

6:00 PM

BARRE

Jerry

5:30 PM

BUTI YOGA

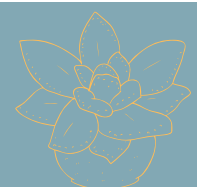
Courtney



6:30 PM

BODYFLOW

Heather
Patrick 4/2



6:30 PM

WARM YIN/YANG

Heather
Susan 4/11

What type of class are you looking for?

GENTLE CLASSES

GENTLE YOGA

YIN

Meditation

WARM YIN/YANG

RESTORATIVE YOGA

IN BETWEEN GENTLE & HIGH ENERGY

MAT PILATES

BODYFLOW

LESMILLS BARRE

VINYASA

SHORE HEAT

HIGH ENERGY

BUTI YOGA

P140

SHORE ZEN SHRED

BARRE INTENSITY