

SHORE ZEN: MARCH

MONDAY

8:00 AM

GENTLE YOGA

Andrea

TUESDAY

"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

THURSDAY

5:30 AM

BARRE INTENSITY

Tabitha

FRIDAY

5:30 AM

SHORE HEAT

Rosie 3/1
Susan 3/15,3/29
Heather 3/8, 3/22

SATURDAY

8:30 AM

BARRE INTENSITY

3/9,3/30
BUTI YOGA
3/2,3/16,3/23

SUNDAY

9:30 AM

BODYFLOW

Susan

10:35 AM

BODYFLOW

 Tami
Courtney 3/4

9:00 AM

Rock Your Flow 3/5
PIYO

 Tami

9:45 AM


BODYFLOW

Tami
Courtney 3/6

8:30 AM

GENTLE YOGA

Courtney

 Due to some scheduling conflicts we needed to take SHRED and Buti off in March.

9:30 AM

SHORE HEAT
(Warm Yoga)

Courtney
Rosie 3/9



4:30 PM

Mat Pilates

 Tabitha

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!

9:30 AM

PIYO

Tami

10:35 AM

BODYFLOW

Courtney

10:35 AM

RESTORATIVE
YOGA

Betsy

5:00 PM

LESMILLS BARRE

Lindsay

5:30 PM

SHORE ZEN SHRED

 Lindsay

4:30 PM

VINYASA

 Cinzia/Rosie

4:45 PM

Meditation
45 Minute
Cinzia

FRI-YAY FLOW

5:00 PM

3/1
YOGA NIDRA

Cinzia

5:00 PM

3/8
MAT PILATES

Tabitha

5:30 PM

3/15
FREE MOVEMENT

Staci

5:00 PM

3/22
Spring Equinox Flow


Rosie

5:00 PM

3/30
Read, Reflect & Flow

Heather

What's Happening in March

We've got some classes schedule changes for the month of March only! Any class with the  symbol next to it means that its a class change or instructor change! Thanks for being flexible with us!

Join Betsy for her Support your Practice series!

New Find Your Flows on Friday!!!

Mindfulness in Movement Experience Workshop with Megan Hoefner 3/9/19
\$15/member \$20/non-member

6:30 PM

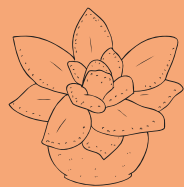
YIN

Heather

6:30 PM

BODYFLOW

Heather



6:30 PM

WARM YIN/YANG

Heather

What type of class are you looking for?

GENTLE CLASSES

GENTLE YOGA

YIN

Meditation

30 Minute

WARM YIN/YANG

RESTORATIVE YOGA

IN BETWEEN GENTLE & HIGH ENERGY

Mat Pilates

BODYFLOW

LESMILLS BARRE

VINYASA

SHORE HEAT

HIGH ENERGY

BUTI YOGA

PIYO

SHORE ZEN SHRED

BARRE INTENSITY

FREE MOVEMENT