



SHORE ZEN STUDIO

# SHORE ZEN: SEPTEMBER



SHORE ZEN STUDIO

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

8:00 AM  
GENTLE YOGA  
45 MINUTES  
CINZIA

"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 9/6,9/13  
SUSAN 9/20  
ROSIE 9/27

8:15 AM  
AERIAL YOGA  
\$\$\$  
COURTNEY/TABITHA

9:30 AM  
BODYFLOW  
SUSAN  
HEATHER 9/22  
VINYASA  
CINZIA 9/1

10:35 AM  
BODYFLOW  
COURTNEY

9:00 AM  
PIYO  
TAMI 9/17,9/24  
ROCK YOUR FLOW  
COURTNEY 9/3,9/10

9:45 AM  
BODYFLOW  
TAMI  
COURTNEY 9/4,9/11

8:30 AM  
GENTLE YOGA  
ANDREA

10:35AM  
BODYFLOW  
TAMI  
COURTNEY 9/6,9/13,

9:30 AM  
SHORE HEAT  
(WARM YOGA)  
COURTNEY  
CINZIA 9/28



10 AM  
AERIAL YOGA  
\$\$\$  
COURTNEY/TABITHA

★ 9:30 AM  
ROCK YOUR FLOW  
COURTNEY

5:00 PM  
YOGA NIDRA  
CINZIA 9/13,9/27

10:35AM  
RESTORATIVE YOGA  
BETSY  
CINZIA 9/28



★ 4:30 PM  
BUTI YOGA  
LAUREN

5:30 PM  
SHORE ZEN SHRED  
JERRY

4:30 PM  
VINYASA FLOW  
COURTNEY

5PM  
BARRE INTENSITY  
JERRY

5:00 PM  
BARRE INTENSITY  
LINDSAY

★ 6:00 PM  
MEDITATION  
CINZIA

5:30 PM  
AERIAL YOGA  
\$\$\$  
COURTNEY/TABITHA

5:30 PM  
BUTI YOGA  
COURTNEY

★ 5:30 PM  
YIN  
HEATHER

6:30 PM  
BODYFLOW  
HEATHER

★ 6:35 PM  
SHORE HEAT  
(WARM YOGA)  
SUSAN

★ 6:30 PM  
BODYFLOW  
PATRICK  
SUSAN 9/26

## HAPPENINGS

NEW CLASSES!!! SEE THE CLASSES THAT HAVE STARS NEXT TO THEM.

AERIAL YOGA 4 WEEK SERIES BEGINS!  
TUESDAY AT 10AM  
WEDNESDAY AT 530PM  
SATURDAY AT 815AM

\*LABOR DAY HOURS: 7AM -12PM  
10:35 BODYFLOW

★ 6:30 PM  
PIYO  
TAMI  
CLASS NOT  
STARTING UNTIL 9/16

## WHAT TYPE OF CLASSES 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/VINYASA & MALAS  
SHORE HEAT

### HIGH ENERGY

BUTI YOGA  
PIYO  
SHORE ZEN SHRED  
BARRE INTENSITY