



SHORE ZEN
STUDIO

SHORE ZEN: JUNE



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STUDIO

MONDAY

8:00 AM
GENTLE YOGA

Andrea
Rosie 6/24

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

WEDNESDAY

9:45 AM

BODYFLOW
Tami
VINYASA FLOW
Rosie 6/19

THURSDAY

5:30 AM
BARRE INTENSITY

Tabitha

FRIDAY

5:30 AM
SHORE HEAT (WARM YOGA)

Heather 6/7
Susan 6/14, 6/21
Rosie 6/28

SATURDAY

8:30 AM
BARRE INTENSITY

Lindsay
6/8, 6/22, 6/29
BUTI YOGA
Courtney
6/16/15

SUNDAY

9:30 AM
BODYFLOW

Susan
6/2, 6/9, 6/30
VINYASA
Rosie 6/16, 6/23

10:35 AM

BODYFLOW
Tami
VINYASA FLOW
Rosie 6/17

9:00 AM

PIYO
Tami
BUTI YOGA
Courtney 6/18

8:30 AM

GENTLE YOGA
Courtney
Cinzia 6/13

10:35 AM

VINYASA FLOW
Courtney
Cinzia 6/14

9:30 AM

SHORE HEAT (WARM YOGA)
Courtney
Rosie 6/8

No class at 4:30
moving into the
summer months.

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!



5:00 PM
6/14 Schools Out
Restore
Betsy

5:45 PM
6/21 World Yoga Day
Free Yoga Outside!
OFC/PWC STAFF

10:35 AM
RESTORATIVE YOGA
Betsy
No Class 6/8

5:00 PM

LESMILLS BARRE
Lindsay
BARRE
Tabitha 6/24

5:30 PM

SHORE ZEN SHRED
Lindsay
Courtney 6/25

4:30 PM

VINYASA FLOW
Courtney

Taking Meditation
off during the
summer months.

5:30 PM

BUTI YOGA
Lauren

6:00 PM

BARRE
Jerry

5:30 PM

BUTI YOGA
Courtney
Lauren 6/6, 6/13



6:30 PM

BODYFLOW
Heather
Susan 6/18

6:30 PM

WARM YIN/YANG
Heather
Susan 6/20

JUNE HAPPENINGS

CLASS EVALUATIONS

It's that time of year where we take the constructive feedback that you provide and use it to be better! Outside of Courtney's office and in Shore Zen we will have a place for to provide feedback!

Summer Schedule

We will be lightening our class load during the summer months! We need an average of 5 class participants to keep classes on the schedule. If the numbers aren't there we will take that particular class off until the fall.

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