



SHORE ZEN STUDIO

SHORE ZEN: MAY



SHORE ZEN STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

8:00 AM
GENTLE YOGA
Andrea

"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 (WARM YOGA)
Heather 5/3,5/31
Susan 5/10,5/24
Rosie 5/17

8:30 AM
BARRE INTENSITY
Lindsay 5/11,5/25
BUTI YOGA
Courtney 5/4,5/18

9:30 AM
BODYFLOW
Susan 5/5, 5/12,
VINYASA
Rosie 5/19,5/26

10:35 AM
BODYFLOW
Tami

9:00 AM
PIYO
Tami

9:45 AM
BODYFLOW
Tami
HATHA YOGA
Betsy 5/1

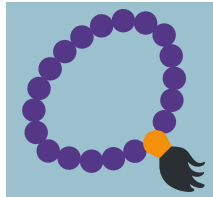
8:30 AM
GENTLE YOGA
Courtney

10:35AM
MALA FLOW
Courtney

9:30 AM
SHORE HEAT (WARM YOGA)
Courtney

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!



5:00 PM
FRI-YAY FLOW
5/3 Yoga Nidra
Cinzia
5/17 Vinyasa & Malas
Courtney
5/31 Self Compassion
Flow
Rosie

10:35AM
RESTORATIVE YOGA
Betsy 5/4
YIN
w/Heather

5:00 PM
LESMILLS BARRE
Lindsay

5:30 PM
SHORE ZEN SHRED
Lindsay
Courtney 5/7

4:30 PM
MALA FLOW
Courtney

4:45 PM
MEDITATION 45 MINUTES
Cinzia
Courtney 5/30

5:30 PM
BUTI YOGA
Lauren

6:00 PM
BARRE
Jerry

5:30 PM
HYBRID FLOW 4 WEEK SERIES
starting 5/8

5:30 PM
BUTI YOGA
Courtney



6:30 PM
BODYFLOW
Heather

5/8 GENTLE/VINYASA
5/15 BUTI/RESTORE
5/22 SHRED/YIN
5/29 LM BARRE/BARRE

6:30 PM
WARM YIN/YANG
Heather
Cinzia 5/2

MAY HAPPENINGS

Memorial Day Hours 7am - 12pm
9:30AM SHORE HEAT (WARM YOGA)

NEW WEDNESDAY SERIES!!! At 5:30PM

VINYASA & MALAS IS NOW: MALA FLOW-
sounds better, right?

BUTI IS BACK ON MONDAY NIGHTS!!!

DID WE MENTION IT'S MEMBER APPRECIATION MONTH?

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