



SHORE ZEN STUDIO

SHORE ZEN: OCTOBER



SHORE ZEN STUDIO

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

8:00 AM
GENTLE YOGA
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 10/4,10/11
ROSIE 10/18
SUSAN 10/25

9:30 AM
BODYFLOW
SUSAN
LAUNCH 10/6
NO CLASS 10/20

10:35 AM
BODYFLOW
COURTNEY
VINYASA FLOW
ANDREA IN STUDIO 1
10/14

9:00 AM
PIYO
TAMI

9:45 AM
BODYFLOW
TAMI

8:30 AM
GENTLE YOGA
ANDREA

10:35AM
BODYFLOW
TAMI
VINYASA FLOW
CINZIA 10/18

9:30 AM
SHORE HEAT
(WARM YOGA)
COURTNEY
ROSIE 10/19



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

9:30 AM
ROCK YOUR FLOW
COURTNEY

5:00 PM
YOGA NIDRA
CINZIA 10/11

10:35AM
RESTORATIVE YOGA
BETSY
NO CLASS 10/19



4:30 PM
BUTI YOGA
LAUREN
COURTNEY 10/21

5:30 PM
SHORE ZEN SHRED
LINDSAY

4:30 PM
VINYASA FLOW
COURTNEY

5:00 PM
BARRE INTENSITY
LINDSAY

6:00 PM
BARRE
JERRY

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

5:30 PM
BUTI YOGA
COURTNEY/LAUREN
VINYASA FLOW
CINZIA 10/31

5:30 PM
YIN
HEATHER

6:30 PM
BODYFLOW
HEATHER

6:35 PM
SHORE HEAT
(WARM YOGA)
SUSAN
HEATHER 10/2

6:30 PM
PIYO
TAMI

HAPPENINGS

WOMEN SUPPORTING WOMEN EVENTS:
XTREME HIP HOP BLOCK PARTY 10/4
YOGA & WINE (WINE FESTIVAL) 10/19

BODYFLOW LAUNCH 10/6 @ 9:35AM

RESTORATIVE YOGA & SOUND HEALING
WORKSHOP 10/25 AT 5:30PM

TRUNK OR TREAT 10/28

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