

## December 2021

Erin Girzone, owner I-860-235-3650 erin@goodhealthisahabit.com 683 Waterford Rd. Waterford, Maine 04088

| Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|---|---|--|
|  | I   | 2   | 3   | 4  |
|  | 9:00-10:00am Functional Fitness 10:30-11:30pm Finding Space for   | 6:30-7:30am<br>Functional Fitness<br>9:00-10:15am<br>Flow Yoga  | 9:15-10:15am<br>Functional Fitness<br>for Seniors             | 9:30-10:45am<br>Yoga with Susan<br>(she is covering for<br>Erin)   |
|  | 6:00-7:00pm<br>Yoga Nidra   |   |   |  |
| 7  | 8   | 9   | 10  | 11   |
| 6:30-7:30am<br>Functional Fitness<br>9:00-10:15am<br>Flow Yoga | 9:00-10:00am<br>Functional Fitness<br>10:30-11:30pm<br>Finding Space for<br>the Breath  | 6:30-7:30am<br>Functional Fitness<br>9:00-10:15am<br>Flow Yoga  | 9:15-10:15am<br>Functional Fitness<br>for Seniors             | 9:30-10:45am<br>Yoga with Erin   |
| 14   | 15  | 16  | 17  | 18   |
| 6:30-7:30am<br>Functional Fitness<br>9:00-10:15am<br>Flow Yoga | 9:00-10:00am Functional Fitness 10:30-11:30pm Finding Space for the Breath  | 6:30-7:30am<br>Functional Fitness<br>9:00-10:15am<br>Flow Yoga  | 9:15-10:15am<br>Functional Fitness<br>for Seniors             | 9:30-10:45am<br>Yoga with Erin   |
| 21   | 22  | 23  | 24  | 25   |
| 6:30-7:30am<br>Functional Fitness<br>9:00-10:15am<br>Flow Yoga | Studio Closed   | Studio Closed   | Studio Closed   | Studio Closed  |
| 28   | 29  | 30  | 31  |  |
| Studio Closed  | Studio Closed   | Studio Closed   | Studio Closed   |  |
|  | 6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga  14 6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga  21 6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga | Functional Fitness  10:30-11:30pm Finding Space for the Breath 6:00-7:00pm Yoga Nidra  7 8  6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga  14 15  6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga  9:00-10:00am Finding Space for the Breath  15  6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga  21 22  6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga  Studio Closed Flow Yoga  28 29 | 9.00-10:00am   Functional Fitness   10:30-11:30pm   Flow Yoga | 900-1000am   Functional Fitness   10:30-11:30pm   Finding Space for the Breath   900-10:15am   Food-10:15am   Food-10:15am |