



Erin Girzone
 1-860-235-3650
www.goodhealthisahabit.com
 683 Waterford Rd.
 Waterford, Maine 04088

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30am Somatic Movement* <i>(pauses July & August)</i> 11:45am-12:45pm Chair Yoga 5:15-6:15pm Functional Fitness (barre-pilates inspired)	6:30-7:30am Functional Fitness (barre-pilates inspired) 9:30-10:45am Somatic Yoga*	9:00-10:00am Yoga for All 12:00-1:00pm Somatic Movement* <i>(pauses July & August)</i>	6:30-7:30am Functional Fitness (strength-training) 9:30-10:45am Somatic Yoga* 4:00-5:00pm Functional Fitness (strength-training)		8:00-9:00am Functional Fitness (circuit-style)

*Class offered in-person, virtually and through recordings

Series Commitment: Paid in full up front. # of classes per series varies. Rate: \$12.00/class

Drop-in: \$15.00/class

See the studio website/reservation page to confirm class schedule.