



Erin Girzone  
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## Class Schedule

| Monday                                                                                                                  | Tuesday                                                                                                                         | Wednesday                                                                                    | Thursday                                                                                                                                                                                  | Friday | Saturday                                                             |
|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------|
| <p>11:45am-12:45pm<br/><b>Chair Yoga</b></p> <p>5:30-6:30pm<br/><b>Functional Fitness*</b> (barre-pilates inspired)</p> | <p>6:30-7:30am<br/><b>Functional Fitness*</b><br/>(barre-pilates inspired)</p> <p>9:30-10:30am<br/><b>Somatic Movement*</b></p> | <p>9:00-10:00am<br/><b>Yoga for All</b></p> <p>12:00-1:00pm<br/><b>Somatic Movement*</b></p> | <p>6:30-7:30am<br/><b>Functional Fitness</b><br/>(circuit style)</p> <p>9:30-10:45am<br/><b>Somatic Yoga*</b></p> <p>4:00-5:00pm<br/><b>Somatic Movement* (not currently offered)</b></p> |        | <p>8:00-9:00am<br/><b>Functional Fitness</b><br/>(circuit-style)</p> |

\*Class offered in-person, virtually and through recordings

**Book a class series or inquire directly with Erin to drop-in.**

**See the studio website/booking page to confirm class schedule.**