



Erin Girzone
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 683 Waterford Rd.
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Studio Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:45am-12:45pm Chair Yoga</p> <p>5:15-6:15pm Functional Fitness (barre-pilates inspired)</p>	<p>6:30-7:30am Functional Fitness (barre-pilates inspired)</p> <p>9:30-10:45am Somatic Yoga*</p>	<p>7:30-8:15am Barre</p> <p>9:00-10:00am Yoga for All</p>	<p>6:30-7:30am Functional Fitness (circuit-style)</p> <p>9:30-10:45am Somatic Yoga*</p> <p>4:00-5:00pm Functional Fitness (circuit-style)</p>		<p>8:00-9:00am Functional Fitness (circuit-style)</p>

*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.