



Erin Girzone
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 683 Waterford Rd.
 Waterford, Maine 04088

Class Schedule

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

*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.