

## May-June Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00-2:00pm <b>Chair Yoga Series</b>	6:30-7:30am <b>Functional Fitness Series</b>	10:30-11:30am <b>Somatic Movement Series</b>	6:30-7:30am <b>Functional Fitness Series</b>		8:00-9:00am <b>Functional Fitness Series</b>
4:00-5:00pm <b>Functional Fitness Series</b>	9:00-10:15am <b>Yoga with Erin</b>	1:00-2:00pm <b>Chair Yoga Series</b>	9:00-10:15am <b>Yoga with Erin</b>		9:30-10:45am <b>Yoga with Erin</b>
		6:00-7:00pm <b>Yoga Nidra Monthly Series</b>	4:00-5:00pm <b>Functional Fitness Series</b>		

**6-week series: \$72.00**

**Drop-in: \$15.00**

### **Functional Fitness**

Mondays @ 4:00pm: May 2, 9, 16, 23 & June 6, 13 \*No class: Memorial Day

Tuesdays @ 6:30am: May 3, 10, 17, 24, 31 & June 7

Thursdays @ 6:30am: May 5, 12, 19, 26 & June 2, 9

Thursdays @ 4:00pm: May 5, 12, 19, 26 & June 2, 9

Saturdays @ 8:00am: May 7, 14, 21, 28 & June 11, 18 \*No class: Saturday June 4

### **Somatic Movement**

Wednesdays @ 10:30am: May 4, 11, 18, 25 & June 1, 8

### **Chair Yoga**

Mondays @ 1:00pm: May 2, 9, 16, 23 & June 6, 13 \*No class: Memorial Day

Wednesdays @ 1:00pm: May 4, 11, 18 & June 8, 15, 22 \*No class: Wednesday May 25 or June 1

### **Yoga Nidra** (First Wednesday of the month)

Wednesdays @ 6:00pm: May 4 & June 1 \*This series will take a break over the summer

### **Yoga with Erin** (Ongoing, weekly classes, 75 minutes - class pass option)

Tuesdays & Thursdays @ 9:00am

Saturdays @ 9:30am \*No class: Saturday June 4th