

Fall Classes Series

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00-2:00pm Chair Yoga Series 4:00-5:00pm Functional Fitness Series 5:30 -6:30pm Somatic Movement Series	6:30-7:30am Functional Fitness Series 9:00-10:15am Yoga with Erin	10:30 -11:30am Somatic Movement Series 1:00-2:00pm Chair Yoga Series 6:00-7:00pm Yoga Nidra Monthly Series	6:30-7:30am Functional Fitness Series 9:00-10:15am Yoga with Erin 4:00-5:00pm Functional Fitness Series	10:45-11:45am Yoga For All series	8:00-9:00am Functional Fitness Series 9:30-10:45am Yoga with Erin (Back Lawn of the Waterford Library as soon as weather permits!)

Series Reservation: \$12.00/class

Drop-in: \$15.00/class

Yoga Nidra (First Wednesday of the month)

Wednesdays @ 6:00pm: October 5, November 2, & December 7

Yoga for All

Fridays @ 10:30am: September 9, 16, 23, 30 & October 7, 14, 21, 28

Chair Yoga

Mondays @ 1:00pm: September 12, 19, 26 & October 3, 17, 24 *No class: October 10

Wednesdays @ 1:00pm: September 7, 14, 21 & October 5, 12, 19 * No classes: September 28, October 26

Functional Fitness

Mondays @ 4:00pm: September 12, 19, 26 & October 3, 17, 24 *No class: October 10

Tuesdays @ 6:30am: September 6, 13, 20, 27 & October 4, 11, 18, 25

Thursdays @ 6:30am/4:00pm: September 8, 15, 22, 29, & October 6, 13, 20, 27

Saturdays @ 8:00am: September 10, 17, 24 & October 1, 15, 22, 29 *No class: October 8

Somatic Movement

Mondays @ 5:30pm: September 12, 19, 26 & October 3, 17, 24 *No class: October 10

Wednesdays @ 10:30am: September 7, 14, 21, 28 & October 5, 12, 19, 26

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

Tuesdays & Thursdays @ 9:00am *No class: August 25th

Saturdays @ 9:30am