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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 <b>Chair Yoga</b></p> <p>5:15-6:15pm <b>Functional Fitness</b> (barre-pilates inspired)</p>	<p>6:30-7:30am <b>Functional Fitness</b> (barre-pilates inspired)</p> <p>9:30-10:45am <b>Somatic Yoga*</b></p>	<p>7:30-8:15am <b>Barre</b> (<i>Paused during July-August</i>)</p> <p>9:00-10:00am <b>Yoga for All</b></p>	<p>6:30-7:30am <b>Functional Fitness</b> (circuit-style)</p> <p>9:30-10:45am <b>Somatic Yoga*</b></p> <p>4:00-5:00pm <b>Functional Fitness</b> (circuit-style)</p>	<p>7:00am <b>Community Paddle</b> (Gage-Rice Beach, Keoka Lake)</p>	<p>8:00-9:00am <b>Functional Fitness</b> (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.**