

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		<b>1</b> <b>9:30a</b> Barre Flow  <b>4:30p</b> Align & Flow Yoga <b>5:45p</b> Cardio Burn  <b>7:00p</b> Yoga in the Park	<b>2</b> <b>9:30a</b> Cardio Burn <b>10:45a</b> Gentle Yoga  <b>5:15p</b> Pilates <b>6:30p</b> Intermediate Yoga	<b>3</b> <b>9:30a</b> Vinyasa Flow Yoga <b>11:45a</b> Chair Yoga – <b>SILVER SNEAKERS</b> <b>5:00p</b> Cardio Burn- <b>NEW!</b> <b>6:30p</b> Interval Training <b>7:45p</b> Relax & Restore	<b>4</b> <b>9:30a</b> Barre Flow <b>10:45a</b> Cardio Burn  <b>5:00p</b> Weekend Wind Down Yoga – <b>NEW TIME!</b>	<b>5</b> <b>8:00a</b> Interval Training <b>9:15a</b> Vinyasa Flow Yoga <b>10:30a</b> Zumba
<b>6</b>  <b>4:15p</b> Restorative Yoga	<b>7</b> <b>9:30a</b> Yoga Basics <b>10:45a</b> Strength & Balance – <b>SILVER SNEAKERS</b> <b>5:15p</b> Yoga-Barre <b>6:30p</b> Interval Training	<b>8</b> <b>9:30a</b> Barre Flow <b>4:30p</b> Align & Flow Yoga <b>5:45p</b> Cardio Burn <b>7:00p</b> Yoga in the Park	<b>9</b> <b>9:30a</b> Cardio Burn <b>10:45a</b> Gentle Yoga  <b>5:15p</b> Pilates <b>6:30p</b> Intermediate Yoga	<b>10</b> <b>9:30a</b> Vinyasa Flow Yoga <b>11:45a</b> Chair Yoga – <b>SILVER SNEAKERS</b> <b>5:00p</b> Cardio Burn <b>6:30p</b> Interval Training <b>7:45p</b> Relax & Restore Yoga	<b>11</b> <b>8:00a</b> Interval Training <b>Pop-Up Class!</b> <b>9:30a</b> Barre Flow <b>10:45a</b> Cardio Burn  <b>5:00p</b> Weekend Wind Down Yoga – <b>NEW TIME!</b>	<b>12</b> <b>8:00a</b> Interval Training <b>9:15a</b> Vinyasa Flow Yoga <b>10:30a</b> Zumba
<b>13</b>  <b>4:15p</b> Restorative Yoga	<b>14</b> <b>8:00a</b> Interval Training <b>NEW! Starts 8/14</b> <b>9:30a</b> Yoga Basics <b>10:45a</b> Strength & Balance – <b>SILVER SNEAKERS</b> <b>5:15p</b> Yoga-Barre <b>6:30p</b> Interval Training	<b>15</b> <b>9:30a</b> Barre Flow <b>4:30p</b> Align & Flow Yoga <b>5:45p</b> Cardio Burn <b>7:00p</b> Yoga in the Park	<b>16</b> <b>9:30a</b> Cardio Burn <b>10:45a</b> Gentle Yoga  <b>5:15p</b> Pilates <b>6:30p</b> Intermediate Yoga	<b>17</b> <b>9:30a</b> Vinyasa Flow Yoga <b>11:45a</b> Chair Yoga – <b>SILVER SNEAKERS</b> <b>5:00p</b> Cardio Burn <b>6:30p</b> Interval Training <b>7:45p</b> Relax & Restore Yoga	<b>18</b> <b>9:30a</b> Barre Flow <b>10:45a</b> Cardio Burn  <b>5:00p</b> Weekend Wind Down Yoga – <b>NEW TIME!</b>	<b>19</b> <b>8:00a</b> Interval Training <b>9:15a</b> Vinyasa Flow Yoga <b>10:30a</b> Zumba
<b>20</b>  <b>4:15p</b> Restorative Yoga	<b>21</b> <b>8:00a</b> Interval Training <b>9:30a</b> Yoga Basics <b>10:45a</b> Strength & Balance – <b>SILVER SNEAKERS</b> <b>5:15p</b> Yoga-Barre <b>6:30p</b> Interval Training	<b>22</b> <b>9:30a</b> Barre Flow <b>4:30p</b> Align & Flow Yoga <b>5:45p</b> Cardio Burn <b>7:00p</b> Yoga in the Park	<b>23</b> <b>9:30a</b> Cardio Burn <b>10:45a</b> Gentle Yoga  <b>5:15p</b> Pilates <b>6:30p</b> Intermediate Yoga	<b>24</b> <b>9:30a</b> Vinyasa Flow Yoga <b>11:45a</b> Chair Yoga – <b>SILVER SNEAKERS</b> <b>5:00p</b> Cardio Burn <b>6:30p</b> Interval Training <b>7:45p</b> Relax & Restore Yoga	<b>25</b> <b>8:00a</b> Interval Training <b>Pop-Up Class!</b> <b>9:30a</b> Barre Flow <b>10:45a</b> Cardio Burn  <b>5:00p</b> Weekend Wind Down Yoga – <b>NEW TIME!</b>	<b>26</b> <b>8:00a</b> Interval Training <b>9:15a</b> Vinyasa Flow Yoga <b>10:30a</b> Zumba <b>Mommy &amp; Me</b> <b>Yoga Workshop</b> <b>4:00-4:30p</b>
<b>27</b>  <b>4:15p</b> Restorative Yoga	<b>28</b> <b>8:00a</b> Interval Training <b>9:30a</b> Yoga Basics <b>10:45a</b> Strength & Balance – <b>SILVER SNEAKERS</b> <b>5:15p</b> Yoga-Barre <b>6:30p</b> Interval Training	<b>29</b> <b>9:30a</b> Barre Flow <b>4:30p</b> Align & Flow Yoga <b>5:45p</b> Cardio Burn <b>7:00p</b> Yoga in the Park	<b>30</b> <b>9:30a</b> Cardio Burn <b>10:45a</b> Gentle Yoga  <b>5:15p</b> Pilates <b>6:30p</b> Intermediate Yoga	<b>31</b> <b>9:30a</b> Vinyasa Flow Yoga <b>11:45a</b> Chair Yoga – <b>SILVER SNEAKERS</b> <b>5:00p</b> Cardio Burn <b>6:30p</b> Interval Training <b>7:45p</b> Relax & Restore Yoga		

**Mommy & Me Yoga: Saturday, August 26th 4:00-4:30p** - A 30 minute yoga workshop that specifically addresses the needs and capabilities of children 3-6 years of age. This Workshop will foster peacefulness, happiness, a sense of community, flexibility, coordination, and body awareness while increasing concentration and self-esteem. Dads and Grandparents are also welcome! Cost: \$10 per child. No charge for adults. \*Please no more than 2 children per adult. Space is limited to the first 6 families. Come early to fill out a waiver. Wear comfortable clothing, and bring your smiles. Feel free to email any questions to Erin Baxter at [humblewarriorerin@gmail.com](mailto:humblewarriorerin@gmail.com).

*Aliqn & Flow* class promotes strength, balance, flexibility, and stress reduction. This physical practice is offered with some yoga philosophy, music, and a welcoming and loving atmosphere.

*Barre Flow* has plenty of barre and floor work as well as a little Yoga and Pilates, leaving you feeling both energized and relaxed.

*Cardio Burn* Get your toning and cardio fix in the same hour. This class will take you through fun, upbeat cardio songs to get your heart rate pumping AND push you to the burn of muscle fatigue, all with a little dance in your step.

*Chair Yoga* incorporates a wide range of Yoga poses and stretches, ALL done using the support of a chair. This gentle class is designed to help those who need to increase their flexibility, strength and circulation.

*Gentle Yoga* is a great class for a beginner, or for anyone who wants to spend an hour in a calm, grounding and peaceful atmosphere. Students will be guided through a series of gentle poses designed to support the body, mind and spirit with a little TLC.

*Interval Training* (previously known as "Circuit Training") incorporates strength training with weights, body weight resistance and cardio intervals mixed in.

*Intermediate Yoga* allows participants to take their practice to the next level. Class uses fun and easy tools, such as chairs, blocks and resistance bands to experience poses in unique ways and help you experience poses in a new way.

*Pilates* focuses on core strength and all the other principles of Pilates, with stretching being the final focus of this class. This class will help develop the body by strengthening and lengthening muscles, while restoring physical vitality and correcting postures.

*Relax & Restore Yoga Class time - 45 minutes* the perfect way to wind down at the end of your day (and stretch out if you come to Interval Training right before this class). Emphasis will be on stretching, relaxation and preparing the body for rest.

*Restorative Yoga* guides you through supine and seated poses to help restore your mind, body & spirit.

*Strength & Balance* will get you moving and get your muscles activated from head to toe, helping develop strength and balance. Class is a Silver Sneakers/Flex program.

*Vinyasa Flow Yoga* is designed to work on linking your movements with your breath in a flowing manner. You will be encouraged to set your own personal intentions to accommodate your own unique practice.

*Weekend Wind Down Yoga* is the perfect treat to find a sense of balance and serenity while gaining core strength and flexibility after a long week.

*Yoga-Barre* combines core strengthening, flexibility and muscle lengthening of a Barre class with the strength, stretching and calming effects of Yoga. This class will be 25-minutes of barre and floor work, followed by 30-minutes of Yoga with the traditional Savasana (rest & relaxation) to round out the class.

*Yoga Basics* is designed to guide you through the basics of Yoga, helping to build a good foundation for a practice. Whether it's your very first time or you've been practicing for years, this class is for you.

*Zumba* is a dance fitness class featuring simple dance moves and music from all over the world! Zumba combines high energy and motivating music to create a dance party atmosphere. It's a fun and effective workout so come join the party!