



September Class Schedule

MONDAY	S	8:30-9:15 AM	SCULPT 45	LESLIE
	Z/S	9:30-10:30 AM	JOURNEY INTO POWER	LESLIE
	Z/S	12-12:45 PM	SLOW FLOW 45	KATHY
	S	5:45-6:45 PM	RELAX AND RESTORE	HEATHER P.
	Z/S	7-8 PM	FLOW AND RESET	SHELLY
TUESDAY	Z/S	8:30-9:30 AM	JOURNEY INTO POWER	SARAH
	Z/S	4:15-5:15 PM	HEROES YOGA*	JEN
	Z/S	5:30-6:30 PM	JOURNEY INTO POWER	KATHY
	S	6:45-7:45PM	PRENATAL SERIES**	ALEXANDRA/JENA
WEDNESDAY	S	6-6:45 AM	SCULPT 45	JULIA
	Z/S	9:30-10:30 AM	SLOW FLOW TO YIN	JEN
	S	12-12:45PM	BABY & ME (DONATION-BASED)	HALEY
	S	5:30-6:15 PM	SCULPT 45	LESLIE
	S	6:30-7:30 PM	SLOW FLOW	JULIA
THURSDAY	Z/S	8:30-9:45 AM	POWER TO YIN	SARAH
	Z/S	5:30-6:30 PM	JOURNEY INTO POWER	HEATHER J.
	Z/S	7-8 PM	FLOW AND RESET	JULIA
FRIDAY	Z/S	6-6:45 AM	YOGA EXPRESS	GARY
	Z/S	12-12:45 PM	SLOW FLOW 45	KATHY
	Z/S	6-7 PM	COMMUNITY CLASS (DONATION-BASED)	COMMUNITY TEACHER
SATURDAY	S	8-8:45 AM	YOGA EXPRESS BEATS	ALEXANDRA
	Z/S	9-10 AM	POWER FLOW	SARAH
	S	11:15AM-12:30PM	Y12SR (1 st & 3 rd Saturday of month)	JAN
SUNDAY	Z/S	9-10 AM	JIP BEATS	RACHEL
	S	4-5 PM	SLOW FLOW	ALEXANDRA
	S	5:15-6:15PM	PRENATAL SERIES**	ALEXANDRA/JENA

S = OFFERED IN-STUDIO

Z = OFFERED VIA ZOOM

*Heroes Yoga - This a free 3 Rivers Yoga Foundation class for all police, firefighters, first responders, military, veterans & healthcare workers. A valid ID is required.

** Prenatal Series is 4 weeks long beginning 8/16 and ending 9/13, skipping 9/4. \$25 drop in or \$150 for the whole series.

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