*Quite a Stretch Yoga & Zumba®*



OCT 3– DEC 31, 2021  *No classes: October 10-11, 2021*

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| **SUNSDAY****FUN DAY** | **MOTIVATION MONDAY** | **TIME OUT TUESDAY**  | **WELLNESS WEDNESDAY** | **THOUGHTFUL THURSDAY** |  **Fri-YAY** |  **SATURDAY**  **SHOUT OUT** |
| **1:00-2pm Yoga for Warriors****(8 Week Program)****3:00-9:00pm****YTT 200 hour Yoga****Teacher Training****(6 hours)** | **9:00-10:00am****Beginner Yoga****11:00 – 12:00****Chair Yoga****5:00-6:00pm** **Yin Yoga** **8:00-9:00pm****Yoga for Insomnia** **(6 week Program)** | **9:00-10:00am****Deep Stretch****10:30-11:30am****Triple M** **Motion/Muscle/Mind****5:00-6:00pm****Gentle Flow****7:30-10:30pm****YTT 200 hour Yoga** **Teacher Training** **(3 hours)** | **9:00-10:00am****Chair Yoga****11:00 – 12:00** **Gentle Flow****5:00-6:00pm****Deep Stretch*****7:00 – 8:00 pm******Zumba*****8:00-9:00pm****Yoga for Warriors****(8 week program)** | **9:00-10:00am****Beginner Yoga****7:00-8:00pm** **Danze Beatz** | **9:00– 10:00am****Yin Yoga** | 9:15-10:00amKids Yoga ONLINE8 week program10:00-3:00pm200 hour Yoga Teacher Training (5) |
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