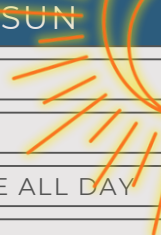
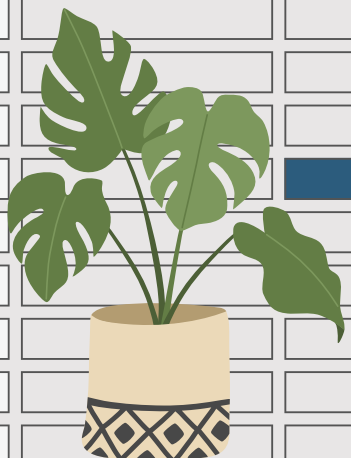




# August YOGA & FITNESS CLASS *schedule*

| TIME  | MON                                                                                | TUE                        | WED                                             | THU                            | FRI                                                                                   | SAT                           | SUN                                                                                 |  |  |
|-------|------------------------------------------------------------------------------------|----------------------------|-------------------------------------------------|--------------------------------|---------------------------------------------------------------------------------------|-------------------------------|-------------------------------------------------------------------------------------|--|--|
| 08:15 | Fitness + Yoga Fusion                                                              |                            | Vinyasa Flow Yoga                               |                                |                                                                                       |                               |  |  |  |
| 08:30 |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 08:45 |                                                                                    |                            |                                                 |                                |                                                                                       | AUG 22-23 MASSAGE CE ALL DAY  |                                                                                     |  |  |
| 09:00 |                                                                                    | Peaceful Warrior Flow Yoga |                                                 | Yin Yoga (80 min)              |                                                                                       |                               |                                                                                     |  |  |
| 09:15 |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 09:30 | Hatha Slow Flow Yoga                                                               |                            |                                                 |                                |                                                                                       | Gentle Flow Yoga              | Vinyasa Flow Yoga (22 <sup>nd</sup> @New Roots Glynn)                               |  |  |
| 09:45 |                                                                                    |                            | Tranquil Flow + Restore Yoga                    |                                |                                                                                       |                               |                                                                                     |  |  |
| 10:00 |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 10:15 |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 10:30 |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 10:45 |                                                                                    |                            |                                                 |                                |                                                                                       | AUG 15, 11-12:30 YOGA SAMPLER |                                                                                     |  |  |
| 12:15 |  |                            |                                                 | Community Lunchtime Yoga Boost |                                                                                       |                               |                                                                                     |  |  |
| 12:30 |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 12:45 |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 1:00  |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 4:00  |                                                                                    |                            |                                                 |                                | Aug 7th 3:00pm - 6:30pm Open for First Friday                                         |                               | Community Flow + Restore Yoga (23 <sup>rd</sup> @New Roots Glynn)                   |  |  |
| 4:15  |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 4:30  |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 4:45  |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 5:00  |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 5:15  | Barre + Stretch (No Class 24 <sup>th</sup> )                                       |                            |                                                 | Strength + Stretch             |  |                               |                                                                                     |  |  |
| 5:30  |                                                                                    | Hot Yoga                   | 1 <sup>st</sup> & 3 <sup>rd</sup> Yin Yoga      |                                |                                                                                       |                               |                                                                                     |  |  |
| 5:45  |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 6:00  | AUG 24 <sup>TH</sup> 5:15-6:30PM MINDFUL MOBILITY                                  |                            | 2 <sup>nd</sup> & 4 <sup>th</sup> Grounded Flow |                                |                                                                                       |                               |                                                                                     |  |  |
| 6:15  |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |
| 6:30  |                                                                                    |                            |                                                 |                                |                                                                                       |                               |                                                                                     |  |  |