



# COUNTRYSIDE YMCA | LANDEN YOGA CLASSES

## AUGUST 2017

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		<b>1</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>2</b>	<b>3</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>4</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>5</b>
<b>6</b>	<b>7</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)	<b>8</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>9</b>	<b>10</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>11</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>12</b>
<b>13</b>	<b>14</b> 9:15-10:30A <b>Yoga</b> Deanna (S)	<b>15</b> 9:15-10:30A <b>Hot Yoga</b> Christy (S)	<b>16</b> <b>TRY A CLASS</b> <b>FREE CLASSES</b> <b>8/14-8/18</b>	<b>17</b> 9:15-10:30A <b>Hot Yoga</b> Deanna (S)	<b>18</b> 9:15-10:30A <b>Warm Yoga</b> Karen (S)	<b>19</b>
<b>20</b>	<b>21</b> 9:15-10:30A <b>Yoga</b> Deanna (S)	<b>22</b> 9:15-10:30A <b>Hot Yoga</b> Christy (S)	<b>23</b> <b>TRY A CLASS</b> <b>FREE CLASSES</b> <b>8/21-8/25</b>	<b>24</b> 9:15-10:30A <b>Hot Yoga</b> Deanna (S)	<b>25</b> 9:15-10:30A <b>Warm Yoga</b> Karen (S)	<b>26</b>
<b>27</b>	<b>28</b> 9:15-10:30A <b>Yoga \$</b> Christy (S)	<b>29</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>30</b>	<b>31</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)		
<b>FREE YOGA CLASSES</b> <b>AUGUST 14 – August 25, 2017</b>				<b>LOCATIONS</b> (S) - Spirit Studio <b>FEES</b> \$ - Class is an additional fee		

## SEPTEMBER 2017

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
					<b>1</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>2</b>
<b>3</b>	<b>4</b> 9:15-10:30A <b>Yoga \$</b> Christy (S)	<b>5</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>6</b>	<b>7</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>8</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>9</b>
<b>10</b>	<b>11</b> 9:15-10:30A <b>Yoga \$</b> Christy (S)	<b>12</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>13</b>	<b>14</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>15</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>16</b>
<b>17</b>	<b>18</b> 9:15-10:30A <b>Yoga \$</b> Christy (S)	<b>19</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>20</b>	<b>21</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>22</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>23</b>
<b>24</b>	<b>25</b> 9:15-10:30A <b>Yoga \$</b> Christy (S)	<b>26</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>27</b>	<b>28</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>29</b>	<b>30</b>
				<b>LOCATIONS</b> (S) - Spirit Studio <b>FEES</b> \$ - Class is an additional fee		