



October
2018

Group Yoga

provided
by:

YOGA *mindset* 

VOTED TRIAD'S BEST YOGA STUDIO 2014, 2015 and 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|----------------|--|----------------|---|----------------|--|
| | 1 No Class | 2 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Bill) | 3 No Class | 4 5:45 AM – 6:45 AM All Levels (Bill) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 - | 5 No Class | 6 9:15 AM – 10:15 AM Yoga Foundations (Rob) |
| 7 No Class | 8 No Class | 9 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Bill) | 10 No Class | 11 5:45 AM – 6:45 AM All Levels (Bill) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 - | 12 No Class | 13 9:15 AM – 10:15 AM Yoga Foundations (Stephany) |
| 14 No Class | 15 No Class | 16 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Bill) | 17 No Class | 18 5:45 AM – 6:45 AM All Levels (Bill) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 - | 19 No Class | 20 No Class Finch Fitness Course Challenge |
| 21 No Class | 22 No Class | 23 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Bill) | 24 No Class | 25 5:45 AM – 6:45 AM All Levels (Bill) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 - | 26 No Class | 27 9:15 AM – 10:15 AM Yoga Foundations (Rob) |
| 28 No Class | 29 No Class | 30 5:45 AM – 6:45 AM All Levels (Ken) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Stephany) | 31 No Class | | | |

Yoga Foundations on Saturday mornings will cover alignment principles and foundations so the student gets to know their own personal body, and how it moves through the physical yoga postures. Students will be given one on one attention and hands on adjustments to learn proper alignment of the postures. Connection to the breath within each pose will be acknowledged and embraced. No previous experience necessary.