

Z E N E R G Y
HEALTH CLUB • SPA • BOUTIQUE

August 2017 - Zenergy Mind/Body Schedule

Monday

6:30-7:30am	Power Hour (Tara)	
9:30-10:45am	All Levels Yoga (Dana)	
10:00-10:55am	Pilates Mat - Int/Adv. (Zoe)	Fitness Studio
12:00-1:00pm	All Levels Hatha Yoga (Victoria)	
5:30-6:45pm	The Hot 26 (Brenda)	
7:15-8:15pm	\$ Deeply Relax - Yoga Nidra (Marney)	August 7th only

Tuesday

7:30-8:45am	Hot Yoga (Sandi)	
9:30-10:30am	All Levels Yoga (Danielle)	
12:00-1:00pm	Yin Yoga (Cathie)	
4:00-5:15pm	Guided Meditation/All Levels Yoga (Ryan)	
4:30-5:25pm	Pilates Mat Beg/Int. (Zoe)	Fitness Studio
5:30-6:30pm	\$ Grounded and Embodied Meditation (Erica)	August 15 - 29

Wednesday

7:00-8:00am	Zen Roller (Tim/ Yvette)	
9:30-10:45am	All Levels Hatha Flow (Alexa)	
12:00-1:00pm	Hot Power Hour (Sandi)	
4:00-4:55pm	Gentle Yoga/Sport Stretch (Yvette)	
5:30-6:45pm	Heated Vinyasa Flow (Brenda/Ali/Tara)	

Thursday

7:30-8:45am	Hot Yoga (Brenda)	
9:30-10:30am	All Levels Yoga (Danielle)	
12:00-1:00pm	Yin Yoga (Cathie)	
4:00-4:55pm	Gentle Yoga/Sport Stretch (Yvette)	
5:30-6:30pm	\$ Brain Health (Dr. Maria Maricich)	August 10th only

Friday

7:00-8:00am	Gentle Yoga/Sport Stretch (Yvette)	
8:15-9:00am	Qi Gong (Cal Millar)	No Class Aug. 25 or Sept. 1
9:30-10:30am	Weekend Warrior (Brenda)	
10:00-10:55am	Pilates Mat Int/Adv (Julie)	Fitness Studio
12:00-1:00pm	Hot Power Hour (Sandi)	

Saturday

8:00-9:15am	Hot Yoga (Brenda)	
9:00-9:55am	Pilates Mat (Zoe)	Fitness Studio
10:00-11:00am	All Levels Yoga (Rotation)	
11:30-12:45pm	* Relax & Restore: A Sensory Experience (Lee Ann)	Aug. 19 only / Free & Open to Pre-registration requested

Sunday

8:30-9:30am	\$ Melt for Runners/Walkers (Shana)	July 16 only
9:30-10:45am	All Levels Yoga (Dana)	
3:00-4:15pm	Heated Vinyasa Flow (Jacqui)	
3:00-5:00pm	\$ Mat Essentials (Susan)	July 9 only
5:00-6:00pm	Restorative Yoga (Katherine)	