

AUGUST 2017

| Mon | Tue | Wed | Thu | Fri | INSTRUCTORS: (SEE BELOW) |
|--|--|--|--|--|---|
| | 1 | 2 | 3 | 4 | |
| | <p>Y12SR: Yoga 12 Step Recovery 5:30-7:00p Instructor: Cathy</p> | | | | <p>Cathy Kumar</p> <p>Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion</p> |
| 7 | 8 | 9 | 10 | 11 | |
| | <p>Good Morning Stretch 7:00a – 7:45a Instructor: Tabby</p> <p>Yoga 9:30a-10:30a Instructor: Tabby</p> <p>Y12SR: Yoga 12 Step Recovery 5:30-7:00p Instructor: Cathy</p> | <p>Total Body in Ten 9:30a-10:15a Instructor: Tabby</p> | <p>Good Morning Stretch 7:00a – 7:45a Instructor: Tabby</p> <p>Yoga 9:30a-10:30a Instructor: Tabby</p> | <p>TBC 9:30a-10:30a Instructor: Tabby</p> | <p>Tabby Porterfield</p> <p>ACE Certified Group Fitness Instructor /M.S. Human Wellness</p> |
| 14 | 15 | 16 | 17 | 18 | |
| <p>Kickboxing 9:30a-10:30a Instructor: Tabby</p> <p>Yoga 5:30p-7:00p Instructor: Cathy</p> | <p>Good Morning Stretch 7:00a – 7:45a Instructor: Tabby</p> <p>Yoga 9:30a-10:30a Instructor: Tabby</p> <p>Y12SR: Yoga 12 Step Recovery 5:30-7:00p Instructor: Cathy</p> | <p>Total Body in Ten 9:30a-10:15a Instructor: Tabby</p> | <p>Good Morning Stretch 7:00a – 7:45a Instructor: Tabby</p> <p>Yoga 9:30a-10:30a Instructor: Tabby</p> | <p>TBC 9:30a-10:30a Instructor: Tabby</p> | |
| 21/28 | 22/29 | 23/30 | 24/31 | 25 | |
| <p>Kickboxing 9:30a-10:30a Instructor: Tabby</p> <p>Yoga 5:30p-7:00p Instructor: Cathy</p> | <p>Good Morning Stretch 7:00a – 7:45a Instructor: Tabby</p> <p>Yoga 9:30a-10:30a Instructor: Tabby</p> <p>Y12SR: Yoga 12 Step Recovery 5:30-7:00p Instructor: Cathy</p> | <p>Total Body in Ten 9:30a-10:15a Instructor: Tabby</p> | <p>Good Morning Stretch 7:00a – 7:45a Instructor: Tabby</p> <p>Yoga 9:30a-10:30a Instructor: Tabby</p> | <p>TBC 9:30a-10:30a Instructor: Tabby</p> | |