

# NOVEMBER 2024 Wellness Calendar

Yoga Fees: Drop In \$12, 5 pack for \$50, 10 pack for \$90, Military/Student \$7/class

YOGA FALL SPECIALS 2 MO Unlimited \$120 or Buy 10 get 2 Free

Strength/MIXFIT Fees: Drop In \$12, 5 pack for \$55, 10 pack for \$99

**\*NOTICE: At least 2 participants must sign up 2 hours before class time in order to hold class.**

**PLEASE sign up online, on our App, or by messaging your instructor at least 2 hours before class.**



<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
27	28 8:15-9a POWER UP 9:10-9:40 Chair Yoga 10-10:40 LOW IMPACT 11-12 am Qigong Flow 4:30-5:30p All Levels	29 8-9 am All Levels Yoga 4:30-5:30 pm All Levels Yoga	30 9:10-10:10 am SLOW FLOW YOGA <b>PICKLEBALL</b>	31 7-8 am All Levels Yoga 9:30-10:15 am Yin Yoga	1 8:15-9:00a POWERUP 9:10-10:10A Yoga + Qigong	2
3 Sound Spa 7-8:30 pm	4 8:15-9a POWER UP 9:10-9:40 Chair Yoga 10-10:40 LOW IMPACT 11-12 am Qigong Flow 4:30-5:30p All Levels	5 8-9 am All Levels Yoga 4:30-5:30 pm All Levels Yoga	6 9:10-10:10 am SLOW FLOW YOGA <b>PICKLEBALL</b>	7 7-8 am All Levels Yoga 9:30-10:15 am Yin Yoga	8 8:15-9:00a POWERUP 9:10-10:10A Yoga + Qigong	9
10	11 8:15-9a POWER UP 9:10-9:40 Chair Yoga 10-10:40 LOW IMPACT 11-12 am Qigong Flow 4:30-5:30p All Levels	12 8-9 am All Levels Yoga 4:30-5:30 pm All Levels Yoga	13 9:10-10:10 am SLOW FLOW YOGA <b>PICKLEBALL</b>	14 7-8 am All Levels Yoga 9:30-10:15 am Yin Yoga	15 8:15-9:00a POWERUP 9:10-10:10A Yoga + Qigong	16
17 Sound Spa 7-8:30 pm	18 8:15-9a POWER UP 9:10-9:40 Chair Yoga 10-10:40 LOW IMPACT 11-12 am Qigong Flow 4:30-5:30p All Levels	19 8-9 am All Levels Yoga 4:30-5:30 pm All Levels Yoga	20 9:10-10:10 am SLOW FLOW YOGA <b>PICKLEBALL</b>	21 7-8 am All Levels Yoga 9:30-10:15 am Yin Yoga	22 8:15-9:00a POWERUP 9:10-10:10A Yoga + Qigong	23
24	25 8:15-9a POWER UP 9:10-9:40 Chair Yoga 10-10:40 LOW IMPACT 11-12 am Qigong Flow 4:30-5:30p All Level	26 8-9 am All Levels Yoga 4:30-5:30 pm All Levels Yoga	27 9:10-10:10 am SLOW FLOW YOGA	28 HAPPY THANKSGIVING 	29 NOTE: EARLY AM CLASS 5:20-6:00 AM (M/W/F) MOVED TO THE HIGH SCHOOL WELLNESS CENTER	