

APRIL 2023 WELLNESS CALENDAR

Yoga Fees: Drop In \$12, 5 pack for \$50, 10 pack for \$90, Military/Student \$6/class

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.

STRENGTH BASICS & CHAIR YOGA ARE :30 AND CAN BE PURCHASED IN COMBINATION

\$5/CLASS OR 10 FOR \$40

*"if you don't take time
for your WELLNESS
you will be forced to
make time for your
ILLNESS"
~a very wise person*

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
30						1 9:00-10:00 am All Levels Yoga
2 Sunday Sound Spa 7-8 pm	3 5:20-6 AM MIXFIT 7:45-8:45 All Levels Yoga 9-9:30 STRENGTH BASICS 9:40-10:10 Chair Yoga	4 6-6:45a Morning Yoga 8:30-9:15 POWER UP 5:45-6:45 pm All -Levels Yoga	5 5:20-6 AM MIXFIT 8:30-5-9:30 AM Gentle Yoga	6 8:30-9:15 MIXFIT POWER UP 9:30-10:15 AM All Levels + Yin Yoga 5:45-6:45 pm All-Levels Yoga	7 GOOD FRIDAY NO CLASSES 7pm ECLIPSE Drum Circle	8 9:00-10:00 am All Levels Yoga
9	10 5:20-6 AM MIXFIT 7:45-8:45 All Levels Yoga 9-9:30 STRENGTH BASICS 9:40-10:10 Chair Yoga	11 6-6:45a Morning Yoga 8:30-9:15 POWER UP 3:30-4:10 YOUTH SC 5:45-6:45 pm All -Levels Yoga	12 5:20-6 AM MIXFIT 8:30-5-9:30 AM Gentle Yoga	13 8:30-9:15 MIXFIT POWER UP 9:30-10:15 AM All Levels + Yin Yoga 3:30-4:10 YOUTH SC 5:45-6:45 pm All-Levels Yoga	14 6-6:45a Morning Yoga 7:45-8:45 All Levels Yoga 9-9:30 STRENGTH BASICS 9:40-10:10 Chair Yoga	15 9:00-10:00 AM All Levels Yoga
16 Sunday Sound Spa 7-8 pm	17 5:20-6 AM MIXFIT 7:45-8:45 All Levels Yoga 9-9:30 STRENGTH BASICS 9:40-10:10 Chair Yoga	18 6-6:45a Morning Yoga 8:30-9:15 POWER UP 3:30-4:10 YOUTH SC 5:45-6:45 pm All -Levels Yoga	19 5:20-6 AM MIXFIT 8:30-9:30 AM Gentle Yoga	20 8:30-9:15 MIXFIT POWER UP 9:30-10:15 AM All Levels + Yin Yoga 3:30-4:10 YOUTH SC 5:45-6:45 pm All-Levels Yoga	21 6-6:45a Morning Yoga 7:45-8:45 All Levels Yoga 9-9:30 STRENGTH BASICS 9:40-10:10 Chair Yoga	22 9:00-10:00 AM All Levels Yoga EARTH DAY COMMUNITY MARKET 1-3 PM
23	24 5:20-6 AM MIXFIT 7:45-8:45 All Levels Yoga 9-9:30 STRENGTH BASICS 9:40-10:10 Chair Yoga	25 6-6:45a Morning Yoga 8:30-9:15 POWER UP 3:30-4:10 YOUTH SC 5:45-6:45 pm All -Levels Yoga	26 5:20-6 AM MIXFIT 8:30-9:30 AM Gentle Yoga	27 8:30-9:15 MIXFIT POWER UP 9:30-10:15 AM All Levels + Yin Yoga 3:30-4:10 YOUTH SC 5:45-6:45 pm All-Levels Yoga	28 6-6:45a Morning Yoga 7:45-8:45 All Levels Yoga 9-9:30 STRENGTH BASICS 9:40-10:10 Chair Yoga	29 9:00-10:00 AM All Levels Yoga