

August 2025 Wellness Calendar at The Evolve Studio

Yoga Fees: Drop In \$12, 5 pack for \$50, 10 pack for \$90

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.

NOTE: EARLY AM MIXFIT CLASS
5:20-6:00 AM (M/W/F)
& POWER UP T/TH 8:30- 9:15AM
MOVED TO THE HIGH SCHOOL
WELLNESS CENTER

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
27	28 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels	29 8-9 am All Levels Yoga 9:30 - 10:15 am Yin Yoga	30 9-10 am SLOW FLOW YOGA 4-4:45 pm Yoga Sculpt Lite	31 8-9 am All Levels Yoga	1 9-10 am Gentle Yoga + Qigong	2
3	4 No Yoga	5 NO YOGA	6 9-10 am SLOW FLOW YOGA 4-4:45 pm Yoga Sculpt Lite	7 8-9 am All Levels Yoga 10:00-10:45 am LOW IMPACT STRENGTH	8 9-10 am Gentle Yoga + Qigong	9
10 7pm Full Moon Sound Spa	11 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels	12 8-9 am All Levels Yoga 9:30-10:15 am Yin Yoga	13 9-10 am SLOW FLOW YOGA 4-4:45 pm Yoga Sculpt Lite	14 8-9 am All Levels Yoga 10:00-10:45 LOW IMPACT STRENGTH	15 9-10 Gentle Yoga + Qigong	16
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24	25 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels 6:30 pm Release & Restore - Natural Tools for Pain Relief	26 8-9 am All Levels Yoga 9:30-10:15 am Yin Yoga	27 9-10 am SLOW FLOW YOGA 4-4:45 pm Yoga Sculpt Lite	28 8-9 am All Levels Yoga 10:00-10:45 LOW IMPACT STRENGTH	29 9-10 Gentle Yoga + Qigong	30

BOOK NOW AT:

www.evolvewrightstown.com/events-calendar