



DOWNTOWN YOGA

NEW THIS MONTH

PRENATAL SERIES *In-house* **RETREAT**
AUG 14, 21, 28TH WITH ERICA • 7-8PM 9/9-9/10 • ASK FOR MORE DETAILS!

YOGA AT THE WINERY
AUGUST 24TH • 6-8PM • AT OLD WESTMINSTER WINERY

AUGUST SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am - 9:15am - BARRE - Michelle D. (ALL)				8:00am - 9:00am Hot Vinyasa Express Lynn (ALL)	7:00am - 8:00am - BARRE - Michelle D. (ALL)	
9:30am - 10:45am Warm Slow Flow Kim (ALL)	9:30am - 10:45am Hot Vinyasa Flow Jill (L2)	9:30am - 10:30am Community Vinyasa Marie (ALL)		NEW 9:30am - 10:30am Beginner Vinyasa Emily (L1)	NEW TIME 8:15am - 9:30am Power Hot Vinyasa Jamie (L2)	9:00am - 10:15am Hot Vinyasa Flow Erica (ALL)
NEW 5:15pm - 6:15pm Beginner Yoga Bryan (L1)	12:30pm - 1:30pm Lunchtime Express Michelle A. (ALL)	5:45pm - 6:45pm - BARRE - Michelle D. (ALL)	5:00pm - 6:00pm Beginner Hot Vinyasa Michelle A. (L1)			4:30pm - 5:30pm *Community Hot Vinyasa Lynn (ALL)
6:30pm - 7:45pm Hot Vinyasa Flow Michelle A. (ALL)	6:00pm - 7:15pm Hot Vinyasa Flow Marie (L2)	7:00pm - 8:00pm Restorative Yoga Chris (ALL)	6:15pm - 7:15pm Yin Yasa Jill (L1)	8/11 EVENT 7pm - 8:15pm Free to Breathe Benefit Emily Cash/Check Donations are appreciated		5:45pm - 7:00pm Restorative Yoga Ginny (ALL)
	7:30pm - 8:30pm *Community Hot Vinyasa Bethany (ALL)		7:30pm - 8:30pm *Community Hot Vinyasa Jill (L2)			

🔥 Indicates a "Hot" Class 🤝 *Community classes are \$6 Cash only. 🌀 ALL LEVELS (ALL) LEVEL 1 (L1) LEVEL 2 (L2)



SCHEDULE A CLASS, GET CLASS DESCRIPTIONS & MEET THE INSTRUCTORS AT WESTMINSTERDOWNTOWNYOGA.COM
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