



# DOWNTOWN YOGA

NEW THIS MONTH

ENDLESS SUMMER HAPPY HOUR  
AUGUST 9 • 5:30-6:45PM

WINE DOWN WEDNESDAY  
OLD WESTMINSTER WINERY  
AUGUST 21 • 6PM • WITH BARB

FREE *Outdoor Yoga* IN JULY & AUGUST  
SUNDAYS AT BELLE GROVE PARK • 8AM • MEET AT THE STUDIO

# AUGUST SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>DIY barre</b></p> <p>9:30am-10:30am Michelle D.</p>	<p>9:30am - 10:45am 🔥 Hot Vinyasa Michelle A. (ALL)</p>	<p>9:30am - 10:30am *Community Vinyasa Marie (ALL)</p>	<p>8:30am - 9:45m SHRED Jamie (ALL)</p>	<p>8:00am - 9:00am 🔥 Hot Vinyasa Express Lynn (ALL)</p>	<p><b>DIY barre</b></p> <p>8:00am - 9:00am Colleen</p>	<p>9:00am - 10:15am 🔥 Hot Vinyasa Flow Erica (ALL)</p>
<p>5:15pm - 6:15pm Beginner Yoga Erica (L1)</p>	<p>4:45pm-5:45pm Vinyasa Barre Fusion Colleen (ALL)</p>	<p>4:30-5:30pm Non-Hot Vinyasa Barb (ALL)</p>	<p>12:30pm - 1:30pm Lunchtime Express Michelle A. (ALL)</p>	<p><b>DIY barre</b></p> <p>9:15am - 10:15am Amy</p>	<p>9:15-10:30am 🔥 Hot Vinyasa Flow Jill (L2)</p>	<p>10:30am - 11:45am Restorative Yoga Erica (ALL)</p>
<p>6:30pm - 7:45pm 🔥 Hot Vinyasa Flow Erica (ALL)</p>	<p>6:00pm - 7:15pm 🔥 Hot Vinyasa Flow Marie (L2)</p>	<p><b>DIY barre</b></p> <p>5:45pm - 6:45pm Michelle D.</p>	<p>5:15pm - 6:15pm 🔥 Beginner WARM Vinyasa Michelle A. (L1)</p>	<p>10:30am - 11:30am Beginner Vinyasa Rebecca (L1)</p>		<p>4:30pm - 5:30pm 🔥 *Community Hot Vinyasa Chris (ALL)</p>
	<p>6:30pm - 7:30pm Prenatal (private studio) Erica (P)</p>	<p>7:00pm - 8:00pm Restorative Yoga Chris (ALL)</p>	<p><b>DIY barre</b></p> <p>6:30pm - 7:30pm Amy</p>			
	<p>7:30pm - 8:30pm 🔥 *Community Hot Vinyasa Melissa (ALL)</p>		<p>7:45pm - 8:45pm 🔥 *Community Hot Vinyasa Jill (ALL)</p>			

🔥 Indicates a "Hot" Class   🔥 Indicates a "Warm" Class   🌀 \*Community classes are \$7 Cash only.   🌀 ALL LEVELS (ALL)   LEVEL 1 (L1)   LEVEL 2 (L2)   PRENATAL (P)   TEEN (T)



Classes are by appointment only, so please contact the studio to schedule a class. If you need any special accommodations please reach out to the studio.

SCHEDULE A CLASS, GET CLASS DESCRIPTIONS & MEET THE INSTRUCTORS AT [WESTMINSTERDOWNTOWNYOGA.COM](http://WESTMINSTERDOWNTOWNYOGA.COM)  
OR DOWNLOAD THE MINDBODY APP TO HAVE INSTANT ACCESS FROM YOUR PHONE OR TABLET.