



DOWNTOWN YOGA

NEW THIS MONTH

YOGA FOR CANCER
SEPT. 27 • 7:30-9PM
WITH HEATHER THOMAS

WINE DOWN WEDNESDAY
AT OLD WESTMINSTER WINERY
SEPT. 18 • 6PM • WITH MICHELLE A.

3 WEEK BEGINNERS SERIES
SUNDAYS, STARTS SEPT. 8 • NOON-1PM • WITH MARIE TRIPLETT

SEPT. SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>DIY barre 9:30am-10:30am Michelle D.</p> <hr/> <p>5:15pm - 6:15pm Beginner Yoga Erica (L1)</p> <hr/> <p>6:30pm - 7:45pm Hot Vinyasa Flow Erica (ALL)</p>	<p>9:30am - 10:45am Hot Vinyasa Michelle A. (ALL)</p> <hr/> <p>4:45pm-5:45pm Vinyasa Barre Fusion Colleen (ALL)</p> <hr/> <p>6:00pm - 7:15pm Hot Vinyasa Flow Marie (L2)</p> <hr/> <p>6:30pm - 7:30pm Prenatal (private studio) Erica (P)</p> <hr/> <p>7:30pm - 8:30pm *Community Hot Vinyasa Melissa (ALL)</p>	<p>9:30am - 10:30am *Community Vinyasa Marie (ALL)</p> <hr/> <p>4:30-5:30pm Non-Hot Vinyasa Barb (ALL)</p> <hr/> <p>DIY barre 5:45pm - 6:45pm Michelle D.</p> <hr/> <p>7:00pm - 8:00pm Restorative Yoga Chris (ALL)</p>	<p>8:30am - 9:30am SHREDD Chris (ALL)</p> <hr/> <p>12:30pm - 1:30pm Lunchtime Express Michelle A. (ALL)</p> <hr/> <p>5:15pm - 6:15pm Beginner WARM Vinyasa Michelle A. (L1)</p> <hr/> <p>DIY barre 6:30pm - 7:30pm Amy</p> <hr/> <p>7:45pm - 8:45pm *Community Hot Vinyasa Jill (ALL)</p>	<p>8:00am - 9:00am Hot Vinyasa Express Lynn (ALL)</p> <hr/> <p>DIY barre 9:15am - 10:15am Amy</p> <hr/> <p>10:30am - 11:30am Beginner Vinyasa Rebecca (L1)</p>	<p>DIY barre 8:00am - 9:00am Colleen</p> <hr/> <p>9:15-10:30am Hot Vinyasa Flow Jill (L2)</p>	<p>9:00am - 10:15am Hot Vinyasa Flow Erica (ALL)</p> <hr/> <p>10:30am - 11:45am Restorative Yoga Erica (ALL)</p> <hr/> <p>4:30pm - 5:30pm *Community Hot Vinyasa Chris (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 OR DOWNLOAD THE MINDBODY APP TO HAVE INSTANT ACCESS FROM YOUR PHONE OR TABLET.