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|  | **YOGA CLASS SCHEDULE****APRIL 2021****Cost: 10 class pass $90, drop in: $10** |  |
| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| 28  | **29****8am** Stiff Body Yoga with Patty | **30** | **31 MARCH****8:30am** PattyFinding Balance Yoga**10:00am** Chair Yoga with Patty | 1 APRIL | 2 | **3****8:30am** Yoga Hatha Strength**10am** Yoga Hatha Flow in studio or on Zoom with Jennifer |
| 4 | 5**8am** Stiff Body Yoga with Patty | 6 | 7**8:30am** PattyFinding Balance Yoga**10:00am** Chair Yoga with Patty | 8 | 9 | **10****8:30am** Yoga Hatha Strength**10am** Yoga Hatha Flow in studio or on Zoom with Jennifer |
| 11  | 12**8am** Stiff Body Yoga with Patty | 13 | 14**8:30am** PattyFinding Balance Yoga**10:00am** Chair Yoga with Patty | 15 | 16 | **17****8:30am** Yoga Hatha Strength**10am** Yoga Hatha Flow in studio or on Zoom with Jennifer |
| 18 | 19**8am** Stiff Body Yoga with Patty | **20**  | **21****8:30am** PattyFinding Balance Yoga**10:00am** Chair Yoga with Patty | 22 | 23 | **24****8:30am** Yoga Hatha Strength**10am** Yoga Hatha Flow in studio or on Zoom with Jennifer |
| 25 | 26**8am** Stiff Body Yoga with Melissa Ault | **27** | **28****8:30am Connie\*** Strong and Slow Flow Yoga | 29 | 30 |  |

**Wednesday April 28 class with Connie Johnson**

Saturday Classes with Jennifer

**830am Yoga Hatha Strength** to increase your overall strength - arms, legs, back and core

**10am Yoga Hatha Flow.** Yoga for all levels.

Attend either class in person or on Zoom. Download Zoom App, email yogaunionjenny@gmail.com for login info.

**Schedule may change without notice, please check the website, facebook or call with questions**

Please provide any feedback on class times you prefer!!

YogaStudioOfRiceLake.com Class descriptions on the web site! Phone: 715-234-2525