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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** Patty Finding 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** Patty Finding 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** Patty Finding 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** Patty Finding 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](mailto: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