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|  | | **YOGA CLASS SCHEDULE**  **AUGUST 2020**  **Cost:10 class pass $90, $70 students; drop in: $10** | | | | | |  |
| Sun | | Mon | | Tues | Wed | Thurs | Fri | S | | |
|  | |  | |  |  |  |  | 1  **7:30am** Yoga Strength  **9am** Yoga Stretch  **10:30am** Yoga Zoom\* Online Class Free in August All Saturday classes with Jennifer | | |
| 2 | | 3  **8am**  Stiff Body Yoga with Patty | | 4 | 5  **NO CLASSES TODAY** | 6 | 7 | **8**  **7:30am** Yoga Strength  **9am** Yoga Stretch  **10:30am** Yoga Zoom\* Online Class Free in August All Saturday classes with Jennifer | | |
| 9 | | 10  **NO CLASSES TODAY** | | 11 | 12  **NO CLASSES TODAY** | 13 | 14 | **15**  **7:30am** Yoga Strength  **9am** Yoga Stretch  **10:30am** Yoga Zoom\* Online Class Free in August All Saturday classes with Jennifer | | |
| 16 | | 17  **8am**  Stiff Body Yoga with Patty | | **18** | **19**  **8:30am** Patty Finding Balance Yoga  **10:00am**  Chair Yoga with Patty | 20 | 21 | **22**  **7:30am** Yoga Strength  **9am** Yoga Stretch  **10:30am** Yoga Zoom\* Online Class Free in August All Saturday classes with Jennifer | | |
| 23/30 | | 24/31 Aug  **8am**  Stiff Body Yoga with Patty | | **25** | **26**  **8:30am** Patty Finding Balance Yoga  **10:00am**  Chair Yoga with Patty | 27 | 28 | **29**  **7:30am** Yoga Strength  **9am** Yoga Stretch  **10:30am** Yoga Zoom\* Online Class Free in August All Saturday classes with Jennifer | | |

New Saturday Classes with Jennifer

**730am Yoga Strength** to increase your overall strength – arms, legs, back and core

**9am Yoga Stretch** Stretch tight muscles and increase ability and confidence

**10:30am Yoga Zoom\***Yoga for all – online live! (Free Classes in August. 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