|  |  |  |
| --- | --- | --- |
|  | **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** PattyFinding 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** PattyFinding 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 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