

## JULY 2018

### MONTHLY EVENTS & WORKSHOPS:

**July 6th 11:00AM-7:00PM: Collaborative Art Exhibit Reception**  
**July 7th at 1:00PM: Living Mandala Workshop**  
**July 21st at 12:00PM: Chemical Free Living Workshop: Cleaning Supplies**  
**July 21st at 7:00PM-9:00PM: Performance Art Night**  
**July 27th at 7:00PM-9:00PM: Towne House Show**

### MONDAY

Senior Yoga  
9:00AM-10:00AM  
Shine Yoga  
10:00AM-11:00AM  
Open Studio  
10:00AM-3:00PM

### TUESDAYS

#### *Movement Studio*

Core & Toning  
9:00AM-10:00AM  
Flexible Yoga  
10:00AM-11:00AM  
Cardio-Kickboxing  
5:30PM-6:30PM

#### *Art House*

Open Studio  
10:00AM-6:00PM  
Art by Brian Covert  
4:00PM

### WEDNESDAYS

#### *Movement Studio*

Shine Yoga  
10:00AM-11:00AM  
Shine Yoga  
5:30PM-6:30PM

#### *Art House*

Open Studio  
10:00AM-6:00PM

### THURSDAYS

#### *Movement Studio*

Shine Yoga  
10:00AM-11:00AM  
Gentle Yoga  
5:30PM-6:30PM

#### *Art House*

Open Studio  
10:00AM-6:00PM

#### *Movement Studio*

Intermediate Yoga  
10:00AM-11:00AM

#### *Art House*

Open Studio  
10:00AM-6:00PM

### SATURDAYS

#### *Movement Studio*

Shine Yoga w/ Jenny Williams  
10:00AM-11:00AM

### SUNDAYS

#### *Movement Studio*

Shine Yoga  
½00; M-F :00; M

**Closed July 4th, 2018, Yoga Will Be Practiced.**

**Shine House closes at 12PM on July 13th and will be at Master Musicians Festival for Kids Camp Friday and Saturday!**