

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

FRIDAYS

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!