

SEPTEMBER 2018

MONTHLY EVENTS & WORKSHOPS:

September 7th at 7:00PM-9:00PM: Jeff Kelly & Bri Murphy
 September 8th at 1:00PM-2:00PM: Jewelry Making Workshop
 September 15th at 1:00PM-2:00PM: Canvas Making Workshop
 September 15th at 2:00PM-3:00PM: Doterra 101 Essential Oils
 September 19th at 7:00PM-9:00PM: Sugar & The Mint
 September 22nd at 11:00AM-1:00PM: Ceramics Workshop
 September 28th at 7:00PM-9:00PM: Chelsea Nolan & Mack McKenzie

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

MONDAY

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

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

FRIDAYS

Movement Studio

I Shine Yoga
10:00AM-11:00AM
Mommy-to-Be Yoga
5:30PM-6:30PM

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-i :00; M

HOUSE CLOSED LABOR DAY SEPTEMBER 3, 2018! Yoga will be practiced.