



June 2017

beginning June 1, 2017

check www.BalanceSSI.com for Changes

Weekly Class Schedule

Yoga, Barre, Feldenkrais, Meditation & Medicine Open for Drop-Ins Unless Otherwise Noted. Special Classes, Workshops & Series Require Pre-Registration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15am-7:15am Sunrise Flow Yoga ^E (Pat)		6:15am-7:15am Sunrise Flow Yoga ^E (Pat)		June 3 & 17 8:00-9:00am Myrtle St. Beach Yoga (Pat/Sheri)	YBR June 24
9:00am-10:15am Vinyasa Flow Yoga ³ (Annie)	8:30am-10:00am Hatha Yoga ² (Bitsy)	9:00am-10:15am Vinyasa Flow Yoga ³ (Annie)	8:30am-10:00am Yin Yoga ^E (Bitsy)	9am-10:15am Gentle Yoga ¹ (Dixie)	10:00am-11:30am Align & Flow Yoga ³ (Karen)	9:00-10:00am YBR: Save Your Feet! \$20 Fee (Kandy Duke)
*10:45am-11:45am Barre ^E (Hillary)		*10:45am-11:45am Barre ^E (Hillary)	10:30am-11:30am Open Flow ³ (Sheri/Pat)	*10:45am-11:45am Barre ^E (Hillary)		12:00-2:00pm YBR: Lengthen Your Torso (\$40 Fee) (Kandy Duke)
			12pm-1:15pm Feldenkrais ATM® (Elaine)			10:00am-11:15am Open Flow ³ (Sheri)
2:00-2:30pm Meditation		2:00-3:00pm Chair Yoga ¹ (Bitsy) Sunroom		2:00-2:30pm Meditation		
4:15 - 5:15pm Tranquil Restore & Flow Yoga ¹ (Pat)	*4:15pm-5:05pm Barre ^E (Hillary)		*4:15pm-5:05pm Barre ^E (Hillary)			
	5:15pm-6:15pm Yoga Basics ¹ (Sonja Cox)	5:30pm-6:30pm Yoga for a Healthy Back ^E (Karen)	5:00pm-6:00pm Men's Yoga ¹ (Sheri) 5-wk Series			4:30pm-6pm Community Yoga (Brian)
June 5, 7:00pm Medicine Dance (Kathy Webb) \$10 Class Fee		June 21 is International Yoga Day	6:30-7:45pm Evening Zen Yoga ^E (Sheri W)			
				Color Key E = Everybody 1 = Beginner Friendly 2 = Moderate 3 = Intermediate/Adv		
				Pricing Weekly Classes: Drop-in or Single Class \$15 Class Pass 6=\$72, 10=\$110, 20=\$180 Special Class or Series Community Donation Class Workshop \$20-\$60 Private Group Class		
<i>E is for Everybody: Young ~ Young at Heart, New ~ Experienced, Flexible ~ Not Flexible</i>						
<i>*Barre is on summer break from June 10 - July 19</i>						