



June 2016

beginning June 1, 2016

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 ⁰ (Rebecca)		6:15am-7:15am Sunrise Flow Yoga ⁰ (Rebecca)		No Beach Yoga 6/4/16 8:00-9:00am Beach Yoga ⁰ (Sheri W)	
	8:30am-10:00am Hatha Yoga ² [Therapeutic] (Bitsy)		8:30am-10:00am Yin Yoga ⁰ (Bitsy)			
9:00am-10:15am Vinyasa Flow Yoga ³ (Annie/Rebecca)		9:00am-10:15am Vinyasa Flow Yoga ³ (Annie)		9am-10:15am Gentle Yoga ¹ (Dixie)		
	10:30am-11:30am Bones, Balance, Breath ¹ (Rebecca)				10:00am-11:30am Align & Flow Yoga ³ (Karen)	
10:45am-11:45am Mat Pilates ⁰ (Robin) June 6-22		10:45am-11:45am Mat Pilates ⁰ (Robin) June 6-22		10:45am-11:45am Mat Pilates ⁰ (Robin) June 6-22		
10:45am-11:45am Barre ⁰ (Hillary) June 1-3, 24-29		10:45am-11:45am Barre ⁰ (Hillary) June 1-3, 24-29	12pm-1:15pm Feldenkrais ATM® (Elaine)	10:45am-11:45am Barre ⁰ (Hillary) June 1-3, 24-29		
2:00-2:30pm Meditation						
2:00pm-3:00pm Chair Yoga ¹ (Bitsy) Sunroom	2:00pm-3:00pm OffSite Chair Yoga (Bitsy/Rebecca) Brain ReConnect	2:00pm-3:00pm Chair Yoga ¹ (Rebecca) Sunroom		2:00-2:30pm Meditation		June 26th 1:30-2:30pm Yoga in the Park Neptune Park SSI
4:00 - 5:00pm Gentle Yoga ¹ (Pat)	5:15pm-6:15pm Yoga Basics ¹ (Rebecca)	5:30pm-6:30pm Yoga for a Healthy Back ⁰ (Karen)	5:15pm-6:15pm Core Flow Yoga ⁰ (Rebecca)	June 10th 4:00-5:30pm YBR: Legs Legs Legs! (Kandy Duke) \$30		4:30pm-6pm Community Yoga (Brian)
June 20, 2016 7:00-8:30pm Medicine Dance (Kathy Webb) \$10 Class Fee						
June 4, 5:30pm, Yoga in the Park, Queens Square East, Brunswick						
June 4-5, 9am-5pm: Iliac, Lumbar, & Thoracic Mobilization CE Workshop for Massage Therapists Check Studio Schedule for Changes						
						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