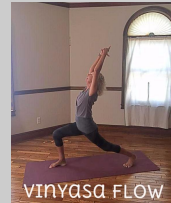
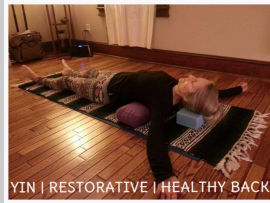




BALANCE

WELLNESS STUDIO
mind body spirit

Bodywork, Movement & Skin Care - Find Your Balance!



[We're getting a New Roof this week so check the schedule!](#)

Monday

No Changes

8:15 am Barre
9:30 am Vinyasa Flow
2:00 pm Chair Yoga
4:00 pm Gentle Yoga

March 14th:
7:00 pm Medicine Dance

Tuesday

Note Changes

6:15 am Sunrise Flow
8:15 am Hatha Yoga
(will only be 75 min. this week)
10:30 am Bones|Balance|Breath
(moved to Sunroom downstairs)
5:15 pm Yoga Basics

Wednesday

Note Changes

9:00 am No Class
10:45 am No Class
2:00 pm Chair Yoga
5:30 pm Yoga for a Healthy Back

Thursday

Note Changes

6:15 am Sunrise Flow
8:30 am No Class

Friday

No Changes

9:00 am Gentle Yoga
10:45 am Barre

Saturday/Sunday

Saturday

10:00 am Align & Flow Yoga

10:30 am No Class
12:00 pm No Class
6:30 pm Soul Flow

2:00 pm Meditation

Gentle Yoga will not meet
Friday, March 25.

Saturday, March 19th:

1:00 - 3:00 pm

[Adult/Child CPR Certification](#)

\$45 registration thru AHA

Saturday, March 26th:

1:00 - 2:30 pm

[Inversions for Beginners](#)

\$25 Registration

(\$5 off with Class Pass)

Sunday

4:30 pm Community Yoga

We've been waiting on a new roof for nearly a year and this week it's finally coming! Roofers will be on-site from 8am Tuesday, March 15 until sometime on Thursday, March 17. We're cancelling a few classes, adjusting a few others, and rearranging appointments to avoid as much of the noise as possible. **Our early morning, late afternoon, and weekend classes will continue as normal so we encourage you to try a new class if your regular one is cancelled!**

We'll also be tackling a few interior projects to take advantage of the down time.

As a thank you for sticking with us during this inconvenience, all new purchases - retail, classes, or services - will be 10% off* Tuesday, Wednesday & Thursday.

**Sale items excluded. Class Passes limited to one pass with date adjusted to begin after your current one expires. 10% off can be applied to special orders of items not in stock with prepayment.*

[FULL CLASS SCHEDULE](#)