



May 2016

beginning May 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
Memorial Day 30th 9:30a SUP Yoga (AshleyAnne) \$15 Class \$20 Board Rental	6:15am-7:15am Sunrise Flow Yoga ⁰ (AshleyAnne)		6:15am-7:15am Sunrise Flow Yoga ⁰ (AshleyAnne)			
9:00am-10:15am Vinyasa Flow Yoga ³ (Annie/AshleyAnne)	8:30am-10:00am Hatha Yoga ² [Therapeutic] (Bitsy)	9:00am-10:15am Vinyasa Flow Yoga ³ (Annie)	8:30am-10:00am Yin Yoga ⁰ (Bitsy)	9am-10:15am Gentle Yoga ¹ (Dixie)	7:30-8:30am Beach Yoga ⁰ (AshleyAnne)	
10:45am-11:45am Barre ⁰ (Hillary)	10:30am-11:30am Bones, Balance, Breath ¹ (Rebecca)	10:45am-11:45am Barre ⁰ (Hillary)		10:45am-11:45am Barre ⁰ (Hillary)	10:00am-11:30am Align & Flow Yoga ³ (Karen)	
No Regular Classes May 30th			12pm-1:15pm Feldenkrais ATM® (Elaine)			
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		May 8th 2:00-3:00pm 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)	May 13th 4:00-5:30pm YBR: Save Your Center! (Kandy Duke) \$30		4:30pm-6pm Community Yoga (Brian)
May 16th 7:00-8:30pm Medicine Dance (Kathy Webb) \$10 Class Fee			6:30-7:45pm Yoga Nidra ^{0*} AshleyAnne	O = Open Level 1 = Beginner Friendly 2 = Moderate 3 = Intermediate/Adv	Weekly Classes: Drop-in or Single Class \$15 Class Pass 6=\$72, 10=\$110, 20=\$180	
<div style="border: 2px solid red; border-radius: 50%; padding: 5px; display: inline-block; color: red; font-weight: bold;"> Note! </div>				*Yoga Nidra is May 5th and 26th this Month; off schedule for June		
June 4-5, 9am-5pm: Iliac, Lumbar, & Thoracic Mobilization CE Workshop for Massage Therapists Check Studio Schedule for Changes					Special Class or Series	
					Community Donation Class	
					Workshop \$20-\$60	
					Private Group Class	