

# July 2009 Classes at THE STUDIO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>28</u> 9-10:15 Power Yoga – TW 4-6:00 Open Yoga Studio w/ Paulette	<u>29</u> 5:15-7: Svaroopaa® Yoga – <b>SH</b> 7:15-8:00 Basic Begin. Samba - <b>SS</b> 8:00-8:50 Begin. Level 1 Waltz- <b>SS</b>	<u>30</u> 8-9 Men's yoga-PF 10-11:30 Yoga Lev1 – <b>PF</b> 6-7:00 Zumba Gold - <b>MS</b>	<u>1</u> 9-10:15 Power Yoga – TW 6:30pm-7:45 Power Yoga – TW	<u>2</u> 10-11:30 Yoga Lev-1- <b>PF</b> 6-7:00 Zumba - <b>MS</b>	<u>3</u> 8-9am Men's yoga-PF	<u>4</u> 9-10:30 Yoga Level 2- <b>PF</b>  <b>HAPPY 4th of JULY!</b>
<u>5</u> No Power Yoga with Tim No Open Yoga Studio w/ Paulette	<u>6</u> 5:15-7:00 Svaroopaa® Yoga - <b>SH</b> 7:15-8:00 Basic Begin. Samba - <b>SS</b> 8:00-8:50 Begin. Level 1 Waltz- <b>SS</b>	<u>7</u> 8-9 Men's yoga-PF 10-11:30 Yoga Lev1 – <b>PF</b> 6-7:00 Zumba Gold - <b>MS</b>	<u>8</u> 9-10:15 Power Yoga – TW 6:30pm-7:45 Power Yoga – TW	<u>9</u> 9-9:50 Very Gentle Yoga (beginners only!) 10-11:30 Yoga Lev-1- <b>PF</b> 6-7:00 Zumba - <b>MS</b>	<u>10</u> 8-9am Men's yoga-PF 7:30-9:30 pm Beginner Salsa Workshop – <b>SS</b> \$30	<u>11</u> 9-10:30 Yoga Level 2- <b>PF</b>  <b>FREE fitness workout class with personal trainer Gina Adams 11-12</b> Classes are Wed and Fri starting July 15 <sup>th</sup> .
<u>12</u> 9-10:15 Power Yoga – TW 4-6:00 Open Yoga Studio w/ Paulette	<u>13</u> 5:15-7:00 Svaroopaa Yoga – <b>SH</b> 7:15-8:00 Basic Begin. Samba - <b>SS</b> 8:00-8:50 Begin. Level 1 Waltz- <b>SS</b>	<u>14</u> 8-9 Men's yoga-PF 10-11:30 Yoga Lev1 – <b>PF</b> 6-7:00 Zumba Gold – <b>MS</b>	<u>15</u> 9-10:15 Power Yoga – TW 10:30-11:30 Group Personal Training with Gina Adams. 6:30pm-7:45 Power Yoga – TW	<u>16</u> 9-9:50 Very Gentle Yoga (beginners only!)- <b>PF</b> 10-11:30 Yoga Lev-1- <b>PF</b> 6-7:00 Zumba - <b>MS</b>	<u>17</u> 8-9am Men's yoga-PF 10:30-11:30 Group Personal Training with Gina Adams.	<u>18</u> 9-10:30 Yoga Level 2- <b>PF</b>  <b>Dance Party!!</b> 7:30-10:30 pm Swing dance lesson 7:30-8:30. \$12
<u>19</u> 9-10:15 Power Yoga – TW 4-6:00 Open Yoga Studio w/Tim	<u>20</u> 5:15-7:00 Svaroopaa® Yoga – <b>SH</b> 7:15-8:00 Basic Begin. Samba - <b>SS</b> 8:00-8:50 Begin. Level 1 Waltz- <b>SS</b>	<u>21</u> 8-9 Men's yoga-PF 10-11:30 Yoga Lev1 – <b>PF</b> 6-7:00 Zumba Gold - <b>MS</b>	<u>22</u> 9-10:15 Power Yoga – TW 10:30-11:30 Group Personal Training with Gina Adams. 6:30pm-7:45 Power Yoga – TW	<u>23</u> 9-9:50 Very Gentle Yoga (beginners only!)- <b>PF</b> 10-11:30 Yoga Lev-1- <b>PF</b> 6-7:00 Zumba - <b>MS</b>	<u>24</u> 8-9am Men's yoga-PF 10:30-11:30 Group Personal Training with Gina Adams.	<u>25</u> 9-10:30 Yoga Level 2- <b>PF</b>
<u>26</u> 9-10:15 Power Yoga – TW 4-6:00 Open Yoga Studio w/ Paulette	<u>27</u> 5:15-7:00 Svaroopaa® Yoga – <b>SH</b>	<u>28</u> 8-9 Men's yoga-PF 10-11:30 Yoga Lev1 – <b>PF</b> 6-7:00 Zumba Gold- <b>MS</b>	<u>29</u> 9-10:15 Power Yoga – TW 10:30-11:30 Group Personal Training with Gina Adams. 6:30pm-7:45 Power Yoga – TW	<u>30</u> 9-9:50 Very Gentle Yoga (beginners only!)- <b>PF</b> 10-11:30 Yoga Lev-1- <b>PF</b> 6-7:00 Zumba - <b>MS</b>	<u>31</u> 8-9 Men's yoga-PF 10:30-11:30 Group Personal Training with Gina Adams.	<u>1</u> 9-10:30 Yoga Level 2- <b>PF</b>

**Instructors Key:** Gina Adams (**GA**), Diane Baumgartner (**DB**), Carolyn Brennan (**CB**) Amanda Showell Cook(**ASC**) Paulette Florio (**PF**), Susie Hollister-Schell (**SH**), Dell St. Ana (**DS**), Mandie Shockley (**MS**), Sandra Showell (**SS**), Tim Washburn, (**TW**) See [www.stmichaelsstudio.com](http://www.stmichaelsstudio.com) for instructor bios.

UPCOMING Classes and Workshops:

**August 8<sup>th</sup> - Svaroopaa® Vinyasa Workshop** with Susie Hollister-Schell, 11:00-2:00. Experience the Svaroopaa® flow. \$45

**August 23<sup>rd</sup>** – The books of Nancy Huston (The Mark of the Angel and Fault Lines) discussion group with Margot Miller. Four sessions starting Sunday, August 23<sup>rd</sup> at 2:00pm. \$30

**September 19<sup>th</sup> - Women, Wisdom and Dreams** day-long retreat with Anne Scott and special guest Judith Duerk. Sat, Sept. 19<sup>th</sup>, 10 – 4:30 pm. \$75.

**October 18<sup>th</sup>-23<sup>rd</sup> - Fall Ojo Retreat:** Join us for another wonderful yoga and meditation retreat at the magical waters of Ojo. Call Paulette for more info 410-924-2443

