

Practice: September 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 9a Hatha Yoga Level 1 (All levels) [Joy] 530p Yoga-Pilates Fusion (Joy) [All levels]	2 11a NO TRX/Mat Combo Today ☺	3 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Patrick]	4
5 HAPPY LABOR DAY!	6 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	7 7p Group Reformer (All levels) [Leslie]	8 9a Hatha Yoga Level 1 (All levels) [Joy] 530p Yoga-Pilates Fusion (Joy) [All levels]	9 11a NO TRX/Mat Combo Today ☺	10 8a Group Reformer (All levels) [Patrick] 10 Matwork (all levels) [Kitty]	11
12 7p Matwork (All levels) [Patrick]	13 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	14 7p Group Reformer (All levels) [Kitty]	15 9a Hatha Yoga Level 1 (All levels) [Joy] 530p Yoga-Pilates Fusion (Joy) [All levels]	16 11a TRX/Mat Combo (Intermediate) [Kitty]	17 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	18
19 7p Matwork (All levels) [Patrick]	20 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	21 7p Group Reformer (All levels) [Kitty]	22 9a Hatha Yoga Level 1 (All levels) [Cindy] 530p Yoga-Pilates Fusion (Joy) [All levels]	23 11a TRX/Mat Combo (Intermediate) [Kitty]	24 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	25
26 7p Matwork (All levels) [Patrick]	27 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	28 7p Group Reformer (All levels) [TBA]	29 9a Hatha Yoga Level 1 (All levels) [Joy] 530p Yoga-Pilates Fusion (Joy) [All levels]	30 11a TRX/Mat Combo (Intermediate) [Kitty]		

EVENTS

Class Changes:

No Pilates Matwork w/Patrick on Labor Day.

No TRX/Mat Combo classes on September 2 and Sep 9.

The Yoga-Pilates Fusion class on Thurs., Sep 22nd at 530p will be taught by **Cindy Mills**.

Welcome Guest Instructor

Cindy Mills: Cindy is certified in Hatha yoga as well as Senior and Laughter yoga, Yoga for Golfers, and Pilates Matwork. She is a member of Yoga Therapy Association and Yoga Alliance.

And more:

See the "what's new" page at our website, www.practice-center.com, for a full list of fun in and outside the studio