

**Wake Forest Yoga
July - September 2008**

Closed July 4th and Labor Day Weekend 8/31- 9/1
NO CLASSES August 9th or -10th due to workshop conflict.

Monday	9:30am-10:45am	All Levels Yoga with Natalie
	6:00pm-7:15pm	Gentle Yoga with Marty
	7:30pm-8:45pm	Yoga & Pilates with Ashley
Tuesday	9:30am –10:45am	Yoga Basics & Beyond with Monica
	6:00pm-7:15pm	Level 1 Anusara Inspired Yoga with Marty
	7:30pm-9:00pm	Yoga Basics & Wind Down with Sheila
Wednesday	5:00pm-5:45pm	Kids Yoga ages(5-9) with Natalie
	6:00pm-7:15pm	Yoga Basics & Beyond with Carol
	7:30pm-9:00pm	Level 1-2 Flow Yoga with Ashley
Thursday	9:30am – 11:00am	Yoga Basics with Ashley
	11:30am-12:30pm	Level 1 with Ashley
	6:00pm -7:15pm	Level 1 Yoga with Scott
	7:30pm-9:00pm	Level 2 Flow Yoga with Jana or Matthew (Matthew's Chakra Vinyasa series continues on 7/24, 8/28 and 9/25)
Friday	10:30am-11:15am	Mom and Me Yoga (ages 2-5) with Natalie
Saturday	7:30am - 8:45am	Yoga on the Ball with Sheila Mark Your Calendar (Yoga on the Ball will only be held 7/12, 8/2, 8/16, 8/30, and 9/27.)
	9:00am -10:30am	All Levels Yoga with Joanne or Sheila
Sunday	9:00am-10:15am	Gentle Yoga with Marty
	6:30pm-8:00pm	Level 1 Rockin Flow with Sheila

Visit WWW.WAKEFORESTYOGA.COM or call 623-5410 for more info