



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:45 am		Yoga for Every Body		Yin Yoga		Yoga for Every Body	Yoga for Every Body
11:00 am - 12:00 pm			Gentle Yoga		Gentle Yoga		
11:00 am - 12:15 pm							Aerial Yoga
11:15 am - 12:00 pm		SilverSneakers® Yoga			SilverSneakers® Yoga		
2:00 - 3:30 pm	Restorative Yoga 9/15						
6:00 - 6:45 pm							
6:00 - 7:15 pm		Vinyasa Flow Yoga	Yoga for Every Body	Yin-Yasa Yoga	Yin Yoga		
6:15 - 7:30 pm			Aerial Yoga		Aerial Yoga		
7:30 - 8:30 pm			Gentle Yoga		Pilates 9/19, 9/26		

**Pre-registration strongly suggested.**

**Classes may be cancelled if no one is registered at least one hour prior to start time.**



## Upcoming Events

### Aerial Yoga for Beginners:

4-week Course

Wednesdays, Sep. 4- 25

6:15 - 7:15 pm

Join Beth for a 4-week series to get acquainted with yoga in the aerial swing. IYT's unique aerial style incorporates the aerial swing into traditional-style yoga classes for a fun and challenging experience. This introduction is appropriate for all beginner students. Gain confidence, strength and flexibility!

**Pre-registration required.**

***\$99 per person (15% off for members)***

### Yoga for Beginners:

8-week Course

Mondays, Sep. 9 - Oct. 28

6:30 - 7:45 pm

Join Beth for a thorough introduction to yoga. This 8-week course will prepare you to step out into group yoga classes with confidence and knowledge. We will explore various styles of yoga and cover the basics of yoga poses, breathing and common terminology. This course is appropriate for absolute beginners, as well as students looking to step back to a beginner's mind to learn the core basics of yoga. Registrants for this course should be comfortable sitting on the floor. Students that prefer using a chair or are recovering from recent surgery or injury are encouraged to consider Gentle Yoga classes or call us to discuss your participation in this course.

**Pre-registration required.**

***\$199 per person (15% off for members)***

### September Full (Harvest) Moon Workshop

Wednesday, Sep. 18

7:30 - 9:00 pm

Native Tribes called the September Full Moon many names such as the Yellow/Brown Leaf, Mating, or the Harvest Moon because it takes place during the Autumn Equinox when the bright light of the moon lights the fields for the harvest that will sustain us through the Winter months. Happening in the fiery Astrological sign of Aries, this 90-minute session will focus on releasing the insecurities that keep us jumping to conclusions and acting before thinking through meditation with a gentle flow and restorative poses accompanied by a sound bath.

**Pre-registration suggested.**

***\$30 per person (15% off for members)***