



First class is complimentary! Come and try all that is offered in the Yurt by contacting the instructor today

Total Body Fitness

Instructor: Selina Uglow, LPN, CPT
Call 814.450.6841 for details

Joyous Spirit Yoga

Instructor: Valerie Baltzer, RYT200 required. Call 814.881.4612

BeYOUtiful Balance Yoga w/Karissa

Instructor: Karissa Taylor, RN
Call 248-217-9721 for details

Sound Healing w/Jessica

Instructor: Jessica Frombach
Call 814.403.1481

Yoga with Bridget

Instructor: Bridget Allen
Call 814.397.5496

December 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|---|---|-------------------------------------|-------------------------------------|----------------------------|
| 27 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p Yoga w/Bridget 6:30pm | 28 | 29 TBF 4:30 & 5:30p Yoga w/Bridget 6:30pm | 30 Joyous Spirit Yoga 10:00a Fall Yoga 5:30 | 1 BeYOUtiful Balance Yoga 9:30a | 2 Sound Healing w/Jessica 3:00p | 3 Yoga w/Bridget 9:30a |
| 4 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p Yoga w/Bridget 6:30pm | 5 | 6 TBF 4:30 & 5:30p Yoga w/Bridget 6:30pm | 7 Joyous Spirit Yoga 10:00a Fall Yoga 5:30 | 8 BeYOUtiful Balance Yoga 9:30a | 9 Sound Healing w/Jessica 3:00p | 10 Yoga w/Bridget 9:30a |
| 11 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p Yoga w/Bridget 6:30pm | 12 | 13 TBF 4:30 & 5:30p Yoga w/Bridget 6:30pm | 14 Joyous Spirit Yoga 10:00a Fall Yoga 5:30 | 15 BeYOUtiful Balance Yoga 9:30a | 16 Sound Healing w/Jessica 3:00p | 17 Yoga w/Bridget 9:30a |
| 18 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p Yoga w/Bridget 6:30pm | 19 | 20 TBF 4:30 & 5:30p Yoga w/Bridget 6:30pm | 21 Joyous Spirit Yoga 10:00a Fall Yoga 5:30 | 22 BeYOUtiful Balance Yoga 9:30a | 23 Sound Healing w/Jessica 3:00p | 24 Yoga w/Bridget 9:30a |
| 25 MERRY CHRISTMAS! | 26 | 27 TBF 4:30 & 5:30p Yoga w/Bridget 6:30pm | 28 Joyous Spirit Yoga 10:00a Fall Yoga 5:30 | 29 BeYOUtiful Balance Yoga 9:30a | 30 Sound Healing w/Jessica 3:00p | 31 Yoga w/Bridget 9:30a |

