

March 2018

Empowerment Resource Center 4508 Zuck Road
First class is COMPLIMENTARY – simply call the instructor to reserve your spot. 814.450.6841 for information



**IT'S SATURDAY BUT
SPRING WILL SOON BE
HERE ...**

The key to better health is to acknowledge the past, put intention in the present and make choices for your future. – Selina Uglow, LPN, CPT
www.TheWAYtoHealthyLiving.net

Spring into Better Health with The WAY to Healthy Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 10:00a Joyous Spirit Yoga 3:00p Yoga w/B 4:30 & 5:30p TBF	6	7 3:00p Yoga w/Bridget 4:30 & 5:30p TBF	8 10:00a Joyous Spirit Yoga 5:30p Restorative	9 9:30a BeYOUtiful Balance w/Karissa	10 6:30p Sound Healing
11	12 10:00a Joyous Spirit Yoga 3:00p Yoga w/B 4:30 & 5:30p TBF	13	14 3:00p Yoga w/Bridget 4:30 & 5:30p TBF	15 10:00a Joyous Spirit Yoga 5:30p Restorative	16 9:30a BeYOUtiful Balance w/Karissa	17 6:30p Sound Healing
18	19 10:00a Joyous Spirit Yoga 3:00p Yoga w/B 4:30 & 5:30p TBF	20	21 3:00p Yoga w/Bridget 4:30 & 5:30p TBF	22 10:00a Joyous Spirit Yoga 5:30p Restorative	23 9:30a BeYOUtiful Balance w/Karissa	24 6:30p Sound Healing
25	26 10:00a Joyous Spirit Yoga 3:00p Yoga w/B 4:30 & 5:30p TBF	27	28 3:00p Yoga w/Bridget 4:30 & 5:30p TBF	29 10:00a Joyous Spirit Yoga 5:30p Restorative	30 GOOD FRIDAY NO CLASSES	31 CENTER CLOSED HAPPY EASTER

<p>TOTAL BODY FITNESS Combination of yoga, pilates and low impact cardio – any level Selina Uglow 814.450.6841</p>	<p>JOYOUS SPIRIT YOGA Restorative focused yoga classes – any level Val Baltzer 814.881.4612</p>	<p>BEYOUTIFUL BALANCE w/Karissa Taylor Vinyasa Yoga Class – any level Karrisa Taylor 248.217.921</p>	<p>Sound Healing w/Jessica Frombach Balance & Healing with sound. Jessica Frombach 814.403.1481</p>	<p>Yoga with Bridget Allen Combination of yoga styles - any level. Reservation required Bridget Allen 814.397.5496</p>	
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