



MONDAY - Joyce is available after Restorative Yoga from 12noon - 1pm for ear acupuncture treatments.

Aerial Kick	7:00 - 7:30 am	Melissa V.
Yin Yoga - Great for beginners	9:00 - 10:15 am	Michaela
Rest & Restore - Great for beginners and all levels	10:45 am - 12:00 pm	Joyce
Tai Chi	4:15 pm - 5:15 pm	Bill
Mindful Flow	5:30 - 6:45 pm	Jane

TUESDAY

Gentle Stretch - Great for beginners	9:00 - 10:15 am	Carey
Vinyasa Flow	5:30 - 6:30 pm	Janina
Candlelight Yin Yoga - Great for beginners	7:00 - 8:15 pm	Carey

WEDNESDAY

Aerial Kick	7:00 - 7:30 am	Carey
Gentle Stretch - Great for beginners	9:00 - 10:15 am	Carey
Rest & Restore - Great for beginners and all levels	10:45 am - 12:00 pm	Joyce
Aerial Gym	12:15 pm - 1:00 pm	Carey
Align & Flow	6:00 - 7:00 pm	Cecelia

THURSDAY

Gentle Stretch - Great for beginners	9:00 - 10:15 am	Carey
Mindful Healing Flow Suggested donation \$10	5:30 - 6:45 pm	Melissa V.
Candlelight Yin Yoga - Great for beginners	7:00 - 8:15 pm	Carey

FRIDAY

Ashtanga Vinyasa Flow	9:00 - 10:15 am	Melissa O.
Rest & Restore - Great for beginners	10:45 am - 12:00 pm	Joyce
Tai Chi	4:15 pm - 5:15 pm	Bill

SATURDAY

Perfect Beginner - Great for beginners	8:30 - 9:45 am	Cecelia
Vinyasa Flow	10:00 - 11:00 am	Melissa O.

SUNDAY

\$15	Yin Yoga - Great for beginners	10:00 am - 11:15 am	Carey
\$5	Community Yoga	1:00 - 2:00 pm	Michaela
\$15	Unplug, Relax & Restore - Great for beginners and all levels	3:00 - 4:15 pm	Joyce

\$15 Walk-In classes • \$10 Students & Seniors 65+ • Buy one of our yoga packs and save!

SAVE THE DATE!
Renew & Awaken Weekend
February 22 - 24
Women's Retreat at Riverbend Lodge
Reserve your space early!

235 Fulton St Suite 200 • Grand Haven • LakeshoreYoga.com