



Adult / Tween / Teen

2022 Summer Yoga Series

10 weeks of yoga for the price of 8 Weeks!
June 5th- August 12th

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Sunday	June 5	June 12	June 19	June 26	July 3	July 10	July 17	July 24	July 31	Aug 7
Monday	June 6	June 13	June 20	June 27	July 4	July 11	July 18	July 25	Aug 1	Aug 8
Tuesday	June 7	June 14	June 21	June 28	July 5	July 12	July 19	July 26	Aug 2	Aug 9
Wednesday	June 8	June 15	June 22	June 29	July 6	July 13	July 20	July 27	Aug 3	Aug 10
Thursday	June 9	June 16	June 23	June 30	July 7	July 14	July 21	July 28	Aug 4	Aug 11
Friday	June 10	June 17	June 24	July 1	July 8	July 15	July 22	July 29	Aug 5	Aug 12
Saturday	June 11	June 18	June 25	July 2	July 9	July 16	July 23	July 30	Aug 6	Aug 13

Monday	5:30 pm	<i>Slow Flow Yoga & Meditation</i>
Wednesday	Noon	<i>Cardio & Clarity</i>
Thursday	9:15 am	<i>Slow Flow & Meditation</i>
	7:00 pm	<i>Relaxation & Restoration</i>
Saturday	8:00 am	Yoga By The Lake – Mixed Levels Vinyasa Flow
6/11, 7/9 & 8/6	7:45-9:15am	Drop In Children's Yoga Ages 6 to 10 at the studio!
Sunday	12:30 pm	<i>Cardio & Clarity</i>

Summer Class Menu Do Yoga, Save \$ and Plan Your Summer!

- **Choose your Summer Series:** Attend up to 10 classes for the price of 8 this summer \$128!
Choose one class for 10 weeks for the price of 8!
- Add on **Unlimited Saturdays Yoga By the Lake**, a \$160 Value for only \$100 using code SUMMER20 when checking out with any Summer Class Series - purchase before 6/1/22!
- Unlimited **Saturdays Yoga By the Lake** Pass SAVE 25% \$120
- Children's (ages 9 + with an adult) Unlimited **Saturdays Yoga By the Lake** \$100
- 16 **Saturdays Yoga By the Lake** Drop In Classes \$10 each (June 4th through September 24th)