



NATIONAL YOGA AWARENESS MONTH

We're celebrating with complimentary yoga classes at both locations on us. No membership required!

- Sept. 6th Fri @ 5:30PM **Rowga** [FORUM]*
- Sept. 12th Thurs @ 10:30AM **Aerial Yoga** [RANGELINE]*
- Sept. 12th Thurs @ 5:30PM **SculptFlow** [FORUM]*
- Sept. 15th Sun @ 5:45PM **RedLight Gentle** [FORUM]*
- Sept. 17th Tues @ 5:30PM **Empower Yoga** [FORUM]*
- Sept. 19th Thurs @ 12:00PM **ABC Yoga** [RANGELINE]*
- Sept. 23rd Mon @ 6:45PM **Restorative Yoga** [FORUM]*
- Sept. 29th Sun @ 7:30PM **YinYoga** [RANGELINE]*

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