

RATES for Classes

8-week sessions -\$45; Drop in Rate \$7
Credit Card, Venmo, Cash or Check
payment methods.

Yoga with Sharon - May Schedule



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|----------------------------------|---|---|---|---|---|
| <p>New 8-week session begins May 6 and ends June 29 - with more offerings in addition to these starting in June! PARK YOGA - 10 weeks - May 24 - August 9 (no class 7/5 or 7/26) (The park yoga class will be a 10 week session - \$55 for the 10 weeks or \$7 to drop in)</p> | | | | | | |
| | | | 1 | 2 | 3 | 4 No Classes |
| 5 No Classes | 6 5:20-6:15 am Hatha/Flow | 7 | 8 5:20-6:15 am Hatha/Flow 7:00 - 8:00 pm Restorative | 9 | 10 | 11 8-9:00 am Hatha/Flow 9:15-10:15 Chair |
| 12 5:30-6:30 pm Athlete Yoga 7:00-8:00 pm Restorative | 13 5:20-6:15 am Hatha/Flow | 14 | 15 5:20-6:15 am Hatha/Flow 7:00 - 8:00 pm Restorative | 16 | 17 | 18 8-9:00 am Hatha/Flow 9:15-10:15 Chair |
| 19 5:30-6:30 pm Athlete Yoga 7:00-8:00 pm Restorative | 20 5:20-6:15 am Hatha/Flow | 21 | 22 5:20-6:15 am Hatha/Flow 7:00 - 8:00 pm Restorative | 23 | 24 6:30-7:30 am Park Yoga (Silver Lake Park) | 25 8-9:00 am Hatha/Flow 9:15-10:15 Chair |
| 26 5:30-6:30 pm Athlete Yoga 7:00-8:00 pm Restorative | 27 5:20-6:15 am Hatha/Flow | 28 9:00-9:45 am Kids Yoga at Latzer Library | 29 5:20-6:15 am Hatha/Flow 7:00 - 8:00 pm Restorative | 30 9:00-9:45 am Kids Yoga at Latzer Library | 31 6:30-7:30 am Park Yoga (Silver Lake Park) | |