



MON	TUES	WED	THURS	FRI
NO MEMBERSHIP REQUIRED!	1 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	2 12-1 Tai Chi 2-4 BINGO	3 11:15-12:15 Combo Yoga & Chair Yoga	4 <u>CLOSED</u> No Classes or Activities
7 <u>HAPPY LABOR DAY!</u> <u>CLOSED</u> No Classes or Activities	8 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	9 12-1 Tai Chi 2-4 BINGO	10 11:15-12:15 Combo Yoga & Chair Yoga	11 <u>CLOSED</u> No Classes or Activities
14 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi	15 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	16 12-1 Tai Chi 2-4 BINGO	17 11:15-12:15 Combo Yoga & Chair Yoga	18 <u>CLOSED</u> No Classes or Activities
21 10-11 Stretch & Strengthen NO IYENGAR YOGA today Noon-1 Tai Chi	22 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	23 12-1 Tai Chi 2-4 BINGO	24 11:15-12:15 Combo Yoga & Chair Yoga 2-3 Sound Bath (RSVP \$25)	25 <u>CLOSED</u> No Classes or Activities
28 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi	29 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	30 12-1 Tai Chi 2-4 BINGO		

Classes are a \$20 drop-in fee or 1 class pass unless otherwise noted

**SOUND BATH 9/24 2-3pm
\$25 RSVP (SPACE IS LIMITED!)**

Ask us about reduced class rates with TPC membership!

KEY: 2ND FLOOR VIA STAIRS SHOOK FELLOWSHIP HALL SANCTUARY FRIENDSHIP GARDEN / OUTSIDE