

**Monday** - \$50 for 5 Class Session/\$12 Per Class Drop-in  
– Dates: July 8, 22, 29, August 19 & 26

9:30 am Xen Strength Yoga with Weights

10:30 am Gentle Hatha Yoga

**Thursday** - \$50 for 5 Class Session/\$12 Per Class Drop-in  
– Dates: July 11, 25, August 1, 22, & 29

9:30 am Strength and Slide (bring 2 small hand towels)

10:30 am Gentle Hatha Yoga Class

7pm Xen Strength Yoga with Weights