

愛 YAMA FIT

Get Fit, Stay Healthy, Love Life

September

EIkhart General Hospital

yamahealing.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31 Gentle Yoga 4:15 - 5:00 Vinyasa Yoga Sculpting 5:15 - 6:15	1	2 Level 2 Yoga 4:15 - 5:00 Yogalates 5:15-6:15	3	4 No Classes at EGH. Classes are being held at our Edwardsburg location
5	6	7 Gentle Yoga 4:15 - 5:00 Vinyasa Yoga Sculpting 5:15 - 6:15	8	9 Level 2 Yoga 4:15 - 5:00 Yogalates 5:15-6:15	10	11 No Classes at EGH.
12	13	14 Gentle Yoga 4:15 - 5:00 Vinyasa Yoga Sculpting 5:15 - 6:15	15	16 Level 2 Yoga 4:15 - 5:00 Yogalates 5:15-6:15	17	18 Awakening Yoga 9:15 - 10:15 Cardio Asana (Circuit Training) 10:15 - 11:00
19	20	21 Gentle Yoga 4:15 - 5:00 Vinyasa Yoga Sculpting 5:15 - 6:15	22	23 Level 2 Yoga 4:15 - 5:00 Yogalates 5:15-6:15	24	25 Awakening Yoga 9:15 - 10:15 Cardio Asana (Circuit Training) 10:15 - 11:00
26	27	28 Gentle Yoga 4:15 - 5:00 Vinyasa Yoga Sculpting 5:15 - 6:15	29	30		

Contact Misty if you have any questions or concerns ;) Email: Namaste@yamahealing.com or Call/ Txt 574-584-4496