

# 愛 YAMA FIT

Get Fit, Stay Healthy, Love Life

September

Edwardsburg, MI

[www.yamahealing.com](http://www.yamahealing.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 BEGINNERS WELCOME TO ALL CLASSES!	31	1 Awakening Yoga 9:15-10:15 am Vinyasa Yoga Sculpting 5:30-6:30 Turbo Jamz 6:45- 7:45	2	3	4 Awakening Yoga 9:15 - 10:15 am Cardio Asana 10:15 - 11:00
5	6 NO CLASSES LABOR DAY!	7	8 Awakening Yoga 9:15-10:15 am Vinyasa Yoga Sculpting 5:30-6:30 Turbo Jamz 6:45- 7:45	9	10 Shake Shake 5:30-6:30	11 Strength Training 12:15-1:00
12	13 FITKIDS REGISTRATION 4:30-5:15 Cardio Kickboxing 5:30-6:30 Vinyasa Yoga Flowing 6:45-7:45	14	15 Awakening Yoga 9:15-10:15 am Vinyasa Yoga Sculpting 5:30-6:30 Turbo Jamz 6:45- 7:45	16	17	18 Awakening Yoga 9:15 - 10:15 am Cardio Asana 10:15 - 11:00
19	20 FITKIDS 4:30-5:15 (ages 4 - 12yrs) Cardio Kickboxing 5:30-6:30 Vinyasa Yoga Flowing 6:45-7:45	21	22 Awakening Yoga 9:15-10:15 am Vinyasa Yoga Sculpting 5:30-6:30 Turbo Jamz 6:45- 7:45	23	24 Shake Shake 5:30-6:30	25 Strength Training 12:15-1:00
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