

Advanced Health **MASSAGE & YOGA**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p><b>10:00 – 11:00 AM</b> Gentle Restorative Yoga with Amy</p> <p>All Levels</p> <p><b>NEW!!</b></p>			<p><b>9:00 – 10:15 AM</b> Hatha Flow with Cornelia!</p> <p>All Levels</p>	<p><b>9:00 – 10:30 AM</b> Hatha Yoga with Liz</p> <p>Beginner</p>
<p><b>6:00 – 7:15 PM</b> Hot Power Vinyasa Yoga with Liz</p> <p>Intermediate / Advanced</p>	<p><b>4:00 – 5:00 PM</b> Yin Yoga with Liz</p> <p>All Levels</p>			<p><b>4:00 – 5:00 PM</b> Family Fun Kids Yoga with Liz 6-11 Yrs</p> <p><b>Sign Up</b> <a href="mailto:liz@ahmyoga.com">liz@ahmyoga.com</a></p>		
<p><b>7:30 – 8:45 PM</b> Warm Flow Yoga with Liz</p> <p>Beginner / Intermediate</p>		<p><b>6:30 – 7:30 PM</b> Life Balance Hatha Yoga with Kerry</p> <p>All Levels</p>	<p><b>6:30 – 7:45 PM</b> Ashtanga Vinyasa Primary Series with Liz</p> <p>All Levels</p> <p><b>NEW!!</b></p>	<p><b>5:45 – 7:00 PM</b> Flow Yoga with Amy</p> <p>Beginner</p>		