

**August
2018
South Wing**

Free Range Yoga and Community Wellness Center

South Wing - 118 N Lafayette Street - Macomb Square
www.freerangeyoga.us



Sunday		Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Drop in for \$12/class On Facebook: Free Range Yoga Questions? Contact the teacher or Dawn 309-333-5069 or email dawn@freerangeyoga.us		<i>Dawn's Online Yoga Classes</i> Yoga anytime \$19.99/mo. freerangeyoga.us/online		9:00am: Zumba Gold 10:00am: Mighty Yoga 12:05pm: FREE! Tai Chi/Qigong 4:00pm: Yoga Revive	8:45am: YogaFaith 10:00am: Chair Yoga 5:00pm: Yoga for All	10:00am: Mighty Yoga 5:00pm: Zumba with Julie	9:30am: Yoga Chill 12:30pm: Zumba with Julie
		<i>Feel pain, strain, tension?</i> Schedule a Yoga Therapy session with Dawn today!					
5		6	7	8	9	10	11
AM				9:00am: Zumba Gold 10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong	10:00am: Chair Yoga 5:00pm: Yoga for All	9:00am: Body Works 10:00am: Mighty Yoga 5:00pm: Zumba with Julie	9:30am: Yoga Chill 12:30pm: Zumba with Julie
PM 1:00pm: Zumba with Julie	10:30am: Chi Flow 12:05pm: Tai Chi/Qigong 5:30pm: Zumba	10:00am: Chair Yoga 5:00pm: Yoga for All					
12		13 Registration		14	15	16	17
AM				9:00am: Zumba Gold 10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong 4:00pm: Yoga Revive	8:45am: YogaFaith 10:00am: Chair Yoga 5:00pm: Yoga for All	9:00am: Body Works 10:00am: Mighty Yoga 5:00pm: Zumba with Julie	9:30am: Yoga Chill 12:30pm: Zumba with Julie
PM 1:00pm: Zumba with Julie	9:00am: Zumba Gold 10:30am: Chi Flow 12:05pm: Tai Chi/Qigong 5:30pm: Zumba	9:00am: Body Works 10:00am: Chair Yoga 5:00pm: Yoga for All					
19		20	21	22 Registration Ends		23	24
AM				9:00am: Zumba Gold 10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong 4:00pm: Yoga Revive	8:45am: YogaFaith 10:00am: Chair Yoga 5:00pm: Yoga for All	9:00am: Body Works 10:00am: Mighty Yoga 5:00pm: Zumba with Julie	9:30am: Yoga Chill 12:30pm: Zumba with Julie
PM 1:00pm: Zumba with Julie	9:00am: Zumba Gold 10:30am: Chi Flow 12:05pm: Tai Chi/Qigong 5:30pm: Zumba	9:00am: Body Works 10:00am: Chair Yoga 5:00pm: Yoga for All					
26		27	28	29	30	31	
AM				9:00am: Zumba Gold 10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong 4:00pm: Yoga Revive	8:45am: YogaFaith 10:00am: Chair Yoga 5:00pm: Yoga for All	9:00am: Body Works 10:00am: Mighty Yoga 5:00pm: Zumba with Julie	
PM 1:00pm: Zumba with Julie	9:00am: Zumba Gold 10:30am: Chi Flow 12:05pm: Tai Chi/Qigong 5:30pm: Zumba	9:00am: Body Works 10:00am: Chair Yoga 5:00pm: Yoga for All					