

**October  
2018  
South Wing**

# Free Range Yoga and Community Wellness Center

South Wing - 118 N Lafayette Street - Macomb Square  
[www.freerangeyoga.us](http://www.freerangeyoga.us)



	Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
AM		9:00am: Zumba Gold 10:30am: Chi Flow	9:00am: Body Works 10:00am: Chair Yoga	9:00am: Zumba Gold 10:00am: Mighty Yoga	8:45am: YogaFaith 10:00am: Chair Yoga	9:00am: Body Works 10:00am: Mighty Yoga	
PM		12:05pm: Tai Chi/Qigong  5:20pm: Free! Zumba Mini 5:30pm: Zumba	5:00pm: Yoga for All	12:05pm: Tai Chi/Qigong 4:15pm: Yoga Revive  5:30pm: Zumba	5:00pm: Yoga for All		
	7	8	9	10	11	12	13
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6:00pm: Swing Dance							
	14	15 Registration	16	17	18	19	20
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	21	22	23	24 Registration Ends	25	26	27
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	28	29	30	31	<p><b>Drop in for \$12/class</b>  <b>On Facebook: Free Range Yoga</b>  <b>Questions? Contact the teacher or Dawn</b>  <b>309-333-5069 or email dawn@freerangeyoga.us</b></p>		
AM		9:00am: Zumba Gold 10:30am: Chi Flow	9:00am: Body Works 10:00am: Chair Yoga	9:00am: Zumba Gold 10:00am: Mighty Yoga			<p><i>Dawn's Online Yoga Classes</i>  <i>Yoga anytime \$19.99/mo.</i>  <i>freerangeyoga.us/online</i></p>
PM		12:05pm: Tai Chi/Qigong  5:20pm: Free! Zumba Mini 5:30pm: Zumba	5:00pm: Yoga for All	12:05pm: Tai Chi/Qigong  5:30pm: Zumba	<p><i>Feel pain, strain, tension?</i>  <i>Schedule a Yoga Therapy</i>  <i>session with Dawn today!</i></p>		