

# August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday
			1 Body Toning 6:10 PM	2 Body Toning 5:20 AM
5 Body Toning 6:10 PM	6 Chair Yoga at Ridgeview Apartments Clear Lake 9:30 AM Yoga at Turtle Lake Physical Therapy 6:00 PM	7 Body Toning 5:20 AM	8 Body Toning 6:10 PM	9 Body Toning 5:20 AM
12 NO BODY TONING	13 Chair Yoga at Ridgeview Apartments Clear Lake 9:30 AM Yoga at Turtle Lake Physical Therapy 6:00 PM	14 Body Toning 5:20 AM	15 Body Toning 6:10 PM	16 Body Toning 5:20 AM
19 Body Toning 6:10 PM	20 Chair Yoga at Ridgeview Apartments Clear Lake 9:30 AM Yoga at Turtle Lake Physical Therapy 6:00 PM	21 Body Toning 5:20 AM	22 Body Toning 6:10 PM	23 Body Toning 5:20 AM
26 Body Toning 6:10 PM	27 Chair Yoga at Ridgeview Apartments Clear Lake 9:30 AM Yoga at Turtle Lake Physical Therapy 6:00 PM	28 Body Toning 5:20 AM	29 NO BODY TONING	30 Body Toning 5:20 AM

## Events

### Body Toning

Instructed by Kristi Niles  
Open to the public of all abilities  
10 sessions \$40

### Yoga

Instructed by Tracy Hovde  
New student discount – 5 sessions \$25  
Senior Discount (65+) 10 sessions \$60  
10 sessions - \$70

### Chair Yoga

Instructed by Tracy Hovde  
New student discount – 5 sessions \$25  
Senior Discount (65+) 10 sessions \$60  
10 sessions - \$70