

# October yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 28  <i>* Asterisk denotes offerings not open to CCS consumers</i>	Sept. 29  <b>FALL 8-WEEK SERIES CONTINUE THROUGH OCTOBER</b>	Sept. 30	1	2	3	4
5	6  <b>Core Aware – Yoga &amp; Pilates for Every Body</b> with Valerie, 5:30-6:30 p.m., VERONA	7	8	9	10	11
12	13	14	15	16	17	18  <b>*Aerial Yoga 50-hour training</b> 8 a.m.-6 p.m. Saturday and Sunday, East
19  <b>*Aerial Yoga Foundations</b> with Jeanne, 4-5 p.m. East <b>*Aerial Sound Bath</b> with Angela, 5:30-6:30 p.m. East <b>*Aerial Sound Bath</b> with Angela, 7-8 p.m. East	20	21	22	23	24	25  <b>*Aerial Yoga for Bigger Bodies</b> with Valerie, 10-11 a.m. East
26	27  <b>LAST WEEK OF 8-WEEK FALL SERIES – NEXT SERIES STARTS NOV. 3!</b>	28	29	30	31	Nov. 1