




Invest in a healthy body, mind, and spirit with yoga.
 Summer 2009, June - August

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
	9:00-10:00 am Chair Yoga* Alberta							8:00-9:30 am Yoga Mix Sallie	
			10:00-11:00 am Yoga Basics Judi		9:30-11:00 am Yoga Mix Megan			10:00-11:00 am Zumba Rene'	
	12:05-12:50 pm Lunch Break Megan				12:05-12:50 pm Lunch Break Megan				
4:15-5:15 pm Yoga Basics Sallie					4:30-5:20 pm YogaTeen Megan				4:15-5:15 pm Yoga Basics Jen
5:30-6:45 pm Yoga Mix Kevin	5:30-7:00 pm Gentle Yoga Jan	5:30-7:00 pm Intermediate Megan	5:30-6:45 pm Yoga Basics Sallie	5:30-6:15 pm Breakthrough Kevin	5:30-6:30 pm Yoga Mix Megan	5:30-6:30 pm Yoga Basics Jan		5:30-7:00 pm Restorative Yoga- Staff On third Fridays only	5:30-6:30 pm Guided Meditation Jackie
7:00-7:45 pm Breakthrough Kevin			7:00-8:00 pm Zumba Rene'						

Schedule is subject to change. Call (573) 636-5656 or visit www.showmeyoga.com for updates.
 No classes will be held on Saturday, July 4 and Sunday, July 5
 All classes except Chair Yoga* are held at 101A West High Street, Jefferson City, MO
 *Chair Yoga is jointly offered with the Unitarian Universalist Fellowship at 1021 Northeast Drive. (handicap accessible)