

*Frankfort
Yoga Studio*

August 2010 Schedule

Day	Time	Class	Instructor
Mondays	5:15 – 6:15	Yogalates	Linda
	5:15 – 6:30	Beginner's Yoga	Julia
Tuesdays	10:45 – 11:45 am	Strength & Balance	Jill
	12:10 – 12:50 pm	Yoga	Jill
	5:15 – 6:30	<i>Yoga</i>	<i>Jim Rector</i>
Wednesdays	7:00- 7:40 am	Sunrise Yoga	Julia/Jim
	10:00 – 11:00 am	Chair Yoga	Julia
	12:10 – 12:50 pm	<i>Yoga</i>	<i>Leslie Laird</i>
	5:15 – 6:30	Intermediate Yoga	Julia
Thursdays	10:00 – 11:15 am	Beginner's Yoga	Jill
	2:00 – 3:00	<i>Tai Chi</i> *pre-register	<i>Carol</i>
	5:00 – 6:00	<i>Tai Chi</i>	<i>Joe</i>
	5:15 – 5:55	Pilates *pre-register	Jill
	6:00 – 7:15	Iyengar-Style Yoga	Bob Patrick
Saturdays	10:00 – 11:15	All-Levels Yoga	See below

Saturday Yoga 10 -11:15 am

August 7 - Leslie Laird
 August 14 - Diane Robinson
 August 21 - Will Brashear
 August 28 - Julia Rome

Classes with Todd Graddy-

Balance & Stability
 August 8 & 15, 10:00 - 11:30 AM
 \$20/class

**Hips, Knees, and Feet Workshop
 CE's for Yoga Instructors**
 August 14, 1:00 - 4:00PM
 \$45

For more information call 502 227-3276
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