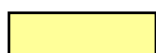


2021 YOGA FOR EVERYBODY

All classes are one hour long and offered at the Rec Center (IPRC) or via Zoom as noted in legend below calendar

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00am ¹ 5:45pm		8:30am ³
⁴	No Class ⁵ 5:45pm	8:30am ⁶ 5:45pm	* S.E.F. * 8:30am 5:45pm	10:00am ⁸ 5:45pm		8:30am ¹⁰
¹¹	10:00am ¹² 5:45pm	8:30am ¹³ 5:45pm	* L.E.F. * 8:30am 5:45pm	10:00am ¹⁵ 5:45pm		8:30am ¹⁷
¹⁸	10:00am ¹⁹ 5:45pm	8:30am ²⁰ 5:45pm	* S.E.F. * 8:30am 5:45pm	10:00am ²² 5:45pm		8:30am ²⁴
²⁵	10:00am ²⁶ 5:45pm	8:30am ²⁷ 5:45pm	* L.E.F. * 8:30am 5:45pm	10:00am ²⁹ 5:45pm		8:30am ³¹



ZOOM



REC CENTER

* S.E.F. * = Short Edge Forward

* L.E.F. * = Long Edge Forward

(yoga mat edge placement in relation to the front of the room)

Instructor: Ken Hainline, RYT ~~ 832-496-2497 ~~ www.y4eb.com