

Giving Back! Community Food Drive

Special Classes, Events, Demos & Discounts through November

November 1-25

Try a New Class!

Bring a Goods Donation for our Food Drive (human or fur-baby) for \$5 off a regular Weekly Class Drop-In or Class Pass renewal

November 2-19

Tuesdays/Thursdays

6:30 am - 7:30 am

Sunrise Flow Yoga

with AshleyAnne

November 6

Friday

5:30 pm - 6:30 pm

Yoga in the Park, Downtown Brunswick
with instructors Bitsy Moores, Dustin Brooker, Reed Flanagan

November 9

Monday

7:00 pm - 8:30 pm

Medicine Dance with Kathy Webb

November 10

Tuesday

1:00 pm - 2:00 pm

Barre with Hillary

November 12

Thursday

1:30 pm - 2:30 pm

Feldenkrais: What Is It? with Elaine

November 14

Saturday

9:00 am - 5:00 pm

Food Drive at Winn-Dixie (SSI)

November 23

Monday

6:30 pm - 7:30 pm

Yin Yoga with Karen

November 25

Wednesday

9:30 am - 10:30 am

Pre-Holiday Relax & De-stress Yoga
with Rebecca

