

New Weekly / Monthly Classes & Events

Tuesdays & Thursdays 6:30 am -7:30 am

*Giving Back! Sunrise Flow with AshleyAnne
Community Class Nov 2-19*

Potentially a new weekly class

Tuesdays, 10:30 am - 11:30 am

*Vinyasa Flow Yoga with Rebecca Kranc
Class Passes Apply*

Tuesdays, 5:30 pm - 6:30 pm

*Yoga Basics with Rebecca Kranc
Class Passes Apply*

Mondays & Wednesdays, 2:00 pm - 3:00 pm

*Chair Yoga with Bitsy & Rebecca
Class Passes Apply*

Thursdays, 6:30 pm - 7:30 pm

*Evening Zen Yoga with Laura Brennan
replaces Pre-natal at a New Time*

Friday, November 6, 5:30 pm - 6:30 pm

Yoga in the Park

*Queens Square NE, Downtown Brunswick
Free Community Event*

Monday, November 9, 7:00 pm - 8:30 pm

*Medicine Dance with Kathy Webb
\$10 drop-in*

Thursday, November 12, 1:30 pm - 2:30 pm

*Feldenkrais®: What Is It?
Community Workshop*

Friday, November 13, 4:00 pm - 5:00 pm

*YogaPilatesYBR Mix Combo Class with
Kandy Duke ~ \$20 drop-in*

Friday, November 13, 5:30 pm - 7:30 pm

*Yamuna® Body Rolling: Shoulder Release
Party with Kandy Duke
\$40 Registration*

Full Schedule Online at www.BalanceSSI.com