



SHORE ZEN  
STUDIO

# SHORE ZEN: MARCH



SHORE ZEN  
STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

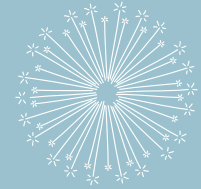
SUNDAY

8:00 AM  
GENTLE YOGA  
CINZIA  
COURTNEY 3/16

"WHEN YOU ARE JOYFUL, WHEN YOU SAY YES TO LIFE  
AND HAVE FUN AND PROJECT POSITIVITY ALL AROUND  
YOU, YOU BECOME A SUN IN THE CENTER OF EVERY  
CONSTELLATION, AND PEOPLE WANT TO BE NEAR YOU."  
— SHANNON L. ALDER

5:30 AM  
BARRE INTENSITY  
TABITHA

5:30 AM  
SHORE HEAT  
ROSIE 3/6,3/20  
SUSAN 3/13,3/27



9:30 AM  
BODYFLOW  
SUSAN  
LAUNCH 3/28

10:35 AM  
BODYFLOW  
TAMI  
COURTNEY 3/9

9:00 AM  
PIYO  
TAMI  
BARRE  
TABS 3/3,3/10

9:45 AM  
BODYFLOW  
TAMI  
VINYASA  
CINZIA 3/4



10:35AM  
BODYFLOW  
COURTNEY  
TAMI 3/13  
VINYASA  
CINZIA 3/6

9:30 AM  
SHORE HEAT  
(WARM YOGA)  
COURTNEY  
BETSY 3/7

2020

Grateful

8:30 AM  
GENTLE YOGA  
CINZIA

5 PM  
YOGA NIDRA  
CINZIA 3/27

10:35AM  
RESTORATIVE YOGA  
BETSY

5:30 PM  
ROCK YOUR FLOW  
COURTNEY  
3/3,3/17,3/31  
POWER YOGA  
COURTNEY 3/10,3/24

4:30 PM  
VINYASA FLOW  
COURTNEY  
ROSIE 3/4

9:30 AM  
ROCK YOUR FLOW  
COURTNEY  
POWER YOGA  
CINZIA 3/5

## WHATS HAPPENING: MARCH

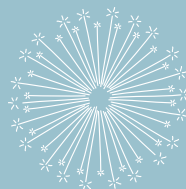
SIT UP FOR PUPS CHALLENGE ALL  
MONTH LONG! STARTING MARCH 1ST.

WEAR YOUR GREEN ON ST.PATRICK'S DAY!

LESMILLS BODYFLOW LAUNCH  
SUNDAY, MARCH 29TH!!

5:00 PM  
BARRE INTENSITY  
LINDSAY

6:00 PM  
BARRE  
JERRY



5:30 PM  
YIN  
HEATHER

6:30 PM  
BODYFLOW  
SUSAN  
TAMI 3/24

6:35 PM  
SHORE HEAT  
(WARM YOGA)  
SUSAN

5:30 PM  
DYNAMIC ASANA  
LAUREN

## WHAT TYPE OF CLASSES ARE YOU LOOKING FOR?

### GENTLE CLASSES

GENTLE YOGA  
YIN  
MEDITATION  
WARM YIN/YANG  
RESTORATIVE YOGA

### IN BETWEEN GENTLE & HIGH ENERGY

MAT PILATES  
BODYFLOW  
SHORE HEAT  
BARRE INTENSITY

### HIGH ENERGY

DYNAMIC ASANA  
PIYO  
ROCK YOUR FLOW