



Group Class Schedule

August 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|-------------------------------|-------------------------------|--------------------------------|-------------|
| July 29 10AM Strength & Stretch w/ Karen | 30 | 31 10AM Gentle w/ Barbara 6PM* Flow w/ Jeremy | August 1 | 2 10AM Deep Dive w/ Cathy | 3 10AM* Flow w/ Jeremy | 4 |
| 5 10AM Strength & Stretch w/ Karen | 6 10:30AM Zumba w/ Rhonda 6:30PM* Yoga Foundations w/ Jeremy- Week 1 | 7 10AM Gentle w/ Barbara 6PM* Flow w/ Jeremy | 8 10:30AM Zumba w/ Rhonda | 9 10AM Deep Dive w/ Cathy | 10 10AM Flow w/ Cathy [SUB] | 11 |
| 12 10AM Strength & Stretch w/ Karen | 13 10:30AM Zumba w/ Rhonda 6:30PM* Yoga Foundations w/ Jeremy - Week 2 | 14 10AM Gentle w/ Barbara 6PM* Flow w/ Jeremy | 15 10:30AM Zumba w/ Rhonda | 16 10AM Deep Dive w/ Cathy | 17 10AM* Flow w/ Jeremy | 18 |
| 19 10AM Strength & Stretch w/ Karen | 20 10:30AM Zumba w/ Rhonda 7PM* Yoga Foundations w/ Jeremy - Week 3 | 21 10AM Gentle w/ Barbara 6PM* Flow w/ Jeremy | 22 10:30AM Zumba w/ Rhonda | 23 10AM Deep Dive w/ Cathy | 24 10AM* Flow w/ Jeremy | 25 |
| 26 10AM Strength & Stretch w/ Karen | 27 10:30AM Zumba w/ Rhonda 6:30PM* Yoga Foundations w/ Jeremy - Week 4 | 28 10AM Gentle w/ Barbara 6PM* Flow w/ Jeremy | 29 10:30AM Zumba w/ Rhonda | 30 10AM Deep Dive w/ Cathy | 31 10AM* Flow w/ Jeremy | September 1 |

* These classes can also be joined virtually via the livestream on Zoom

Visit <https://growandflow.yoga> for class registration and more information or call/text Jeremy at 865.272.4769 (GROW)