

BYS May: Happy Hips

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <u>Whole Lotta Hips</u>	2	3 <u>Hip & Glute Strength</u>	4	5 <u>Yoga For When You've Been Sitting All Day</u>	6	7 <u>Yin Yoga for Hips & Hamstrings</u>
8 <u>Hatha Hip Release</u>	9	10 NEW CLASS <u>Mid-day Yoga Break</u>	11	12 <u>Happy Hips: Classic Hips & Twists</u>	13	14 <u>Easy Like Sunday Morning</u>
15 <u>Happy Hips: Hip Flexibility</u>	16	17 <u>Happy Hips: Hip Strength</u>	18	19 <u>Hip & Back Highlights</u>	20	21 <u>30 Min Yin for the Lower Back & Hips</u>
22 <u>Yoga For Hip Mobility</u>	23	24 <u>Happy Hips: Stabilize Your Hips & Pelvis</u>	25	26 <u>Focus on: Compass Pose</u>	27	28 <u>Operation Restoration</u>

Notes

The theme for May is Happy Hips. At the end of the month, your hips should feel good as new!

