

BYS July: Strength

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 <u>Upper Body Power Flow</u>	4 <u>Lower Body Yoga Workout</u>	5 <u>Connect to the Core & Pelvic Floor</u>	6 <u>Full Body Power Flow</u>	7 NEW CLASS <u>Yoga for Mental Discipline</u>	8 REST	9 REST
10 <u>Yoga for Strong Shoulders & Back</u>	11 <u>Slow Lower Body Strength</u>	12 <u>Just the Right Amount of Core</u>	13 <u>15-min Total Body Yoga Flow for Strength</u>	14 <u>Yoga for Hypermobility</u>	15 REST	16 REST
17 <u>20- Minute Upper Body Power Yoga</u>	18 <u>10-Min Yoga for Hip & Hamstring Strength</u>	19 <u>Deep In Your Core</u>	20 <u>Fun & Funky Strength Building Flow</u>	21 <u>Strengthen the Feet & Ankles</u>	22 REST	23 REST
24 <u>Upper Body Yoga Workout</u>	25 <u>Chill Lower Body Power Flow</u>	26 <u>Classic Core Vinyasa Flow</u>	27 <u>20-min Total Body Yoga Flow for Strength</u>	28 <u>30-Min Balancing Flow</u>	29 REST	30 REST

Let's get strong! This month are going to focus on strengthening our bodies. If you decided to dive into the new Function Flexibility course that is out this month, this will be the perfect Yang to that Yin!

