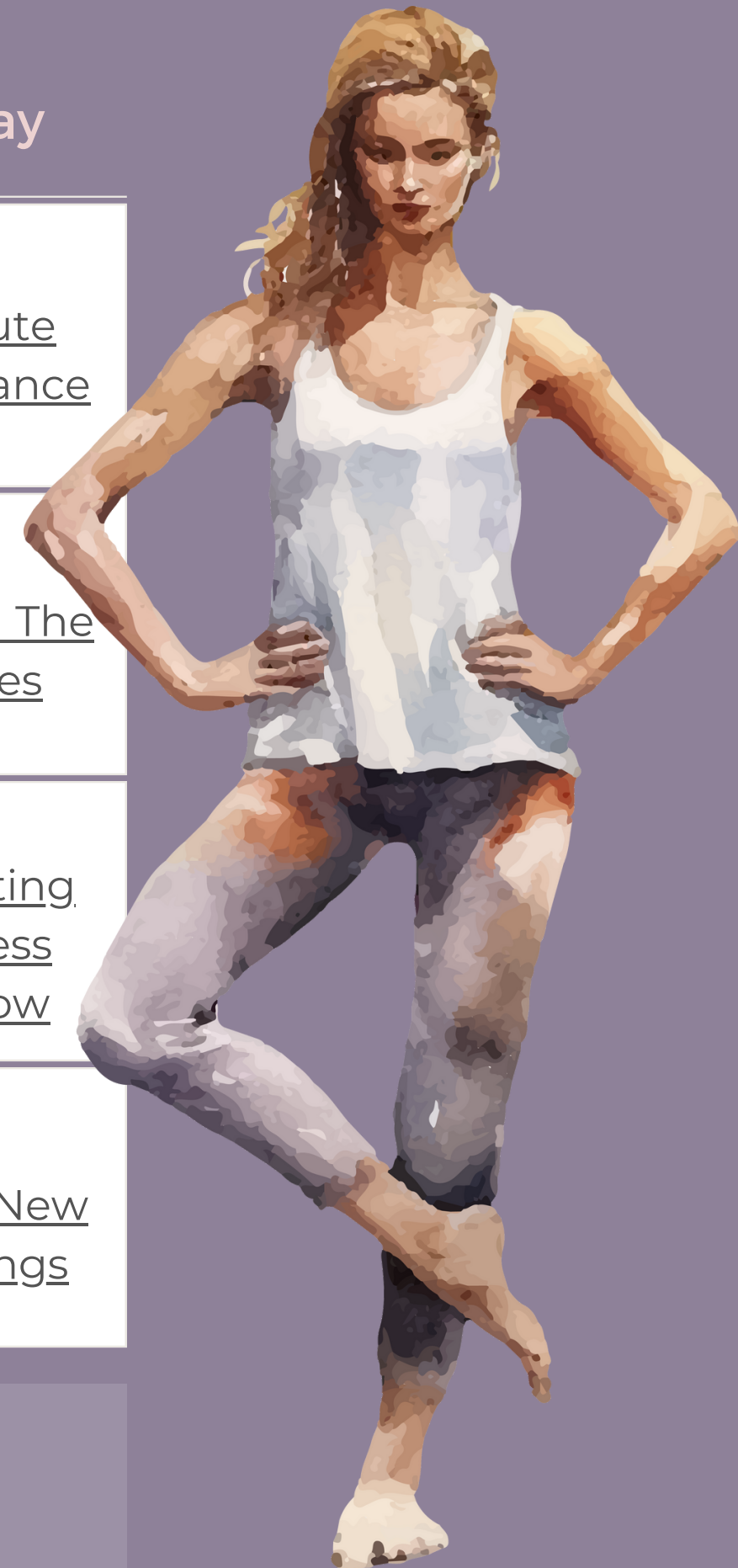


BYS March: Bring The Energy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 NEW CLASS <u>Yoga for Vitality & Strength</u>	5 <u>No More Couch Potato</u>	6 REST	7 <u>30-Minute Yoga Espresso to Wake You Up</u>	8 REST	9 <u>Saturday 45-Minute Energizing Flow</u>	10 <u>20-Minute Happy Dance</u>
11 <u>Get The Blood Pumping</u>	12 <u>Cleaning out the Closet</u>	13 REST	14 <u>Morning Yoga for Energy</u>	15 REST	16 <u>30-Minute Feel Good Flow</u>	17 <u>Day 21: All The Favorites</u>
18 <u>Energy Boost</u>	19 <u>Springtime Full Body Flow</u>	20 REST	21 <u>Zombie Recovery</u>	22 REST	23 <u>45-Minute Sweat Sesh</u>	24 <u>Invigorating but Stress Free Flow</u>
25 <u>Energizing & Heart Opening Flow</u>	26 <u>Yoga For Creativity</u>	27 REST	28 <u>Rise & Shine</u>	29 REST	30 <u>30-Min Cardio Flow</u>	31 <u>Yoga for New Beginnings</u>



Let's get into the swing of Spring! We're bringing all of the energy in this months classes. Are you ready for the Spring Equinox on March 19th? It's about time we started seeing a bit more sunlight around here, am I right?!