



Chakras Workshop Sat. June 17

Led by Dr. Marie Bailey
ERYT-500, C-IAYT

See front desk for details.

JUNE

SOMETHING FOR EVERY YOGI



Blood Drive Red Cross

Monday June 19th
8:00 a.m.-1:00 p.m.

See front desk for details.



2-Week Series Swimming Lessons

Monday-Thursday

Starts June 12th
Babies to Intermediate.

See front desk for details.



CPR Class

Friday June 30th
12 to 3 p.m.

See front desk for details.

























July 4th - Club Closed.



CHECK THIS SCHEDULE ONLINE

Contact us:
(912) 638.5600
thecloudsyoga.com



MONDAY	TUESDAY	WEDNESDAY
6:30 Awakenings Yoga Level 1 Margie / 45 Min 	8:15 Open Flow Level 2 Robin 	6:30 Awakenings Yoga Level 1 Pat / 45 Min 
8:15 Yoga Multi-Level Dustin 	10:00 Foundations Yoga Level 1 Dixie 	8:15 Power Flow Level 2 Robin 
9:15 Hot Yoga Multi-Level Tannis / 75 Min 	11:30 Tai Chi Level 1 Dixie (S1) 	9:30 Stretch 101 Multi-Level Amy 
9:30 Stretch 101 Multi-Level Joy 	4:30 Hot Yoga Multi-Level Mandy 	9:30 Mat Pilates Multi-Level Karen 
9:30 Mat Pilates Multi-Level Jessica / 45 Min 	5:30 Vinyasa Flow Level 2 Lindsey / 50 Min 	10:00 Hot Yoga Multi-Level Mandy 
4:00 Gentle Practice Yoga Level 1 Karen 	6:30 Power Flow Level 2 Robin / 75 Min 	4:00 Gentle Practice Yoga Level 1 Karen 
5:30 Hot Yoga Multi-Level Tannis 		5:30 Hot Yoga Multi-Level Tannis 
5:30 Mat Pilates Multi-Level Roxana / 45 Min 		5:30 Mat Pilates Multi-Level Jessica / 45 Min 
6:15 Foundations Yoga Level 1 Dustin / 75 Min 		6:30 Yoga Multi-Level Connie 

Non-member: Drop in \$15 class or 10 classes for \$120
 Classes are 60 minutes unless otherwise noted.



Aerial Yoga Workshop


Led By Jessica Chong
 Saturday July 15


See front desk for details.





THURSDAY


6:30 **Hot Yoga**
 Multi-Level
 Marcia

8:15 **Open Flow**
 Multi-Level
 Robin


9:30 **Advanced Pilates**
 Level 2
 Melissa A


10:00 **Foundations Yoga**
 Level 1
 Karen

10:15 **Hot Yoga**
 Multi-Level
 Dustin


4:30 **Barre Fusion**
 Level 2
 Jessica / 45 Min


5:30 **Hot Yoga**
 Level 2
 Lindsey

6:30 **Yoga**
 Multi-Level
 Karen


6:30 **Yin Yoga**
 **Every 1st Thursday**
 Karen


FRIDAY


6:30 **Awakenings Yoga**
 Level 1
 Connie / 45 Min

8:15 **Yoga**
 Multi-Level
 Lee


9:30 **Hot Yoga**
 Multi-Level
 Tannis


9:30 **Stretch 101**
 Multi-Level
 Lee

9:30 **Mat Pilates**
 Multi-Level
 Melissa A


10:45 **Gentle Practice Yoga**
 Multi-Level
 Marcia

SATURDAY

9:00 **Open Flow**
 Level 2
 Dustin / 75 Min

9:00 **Hot Yoga**
 Multi-Level
 Staff / 75 Min

SUNDAY

4:30 **Simply Sunday Yoga**
 Multi-Level
 Staff



Enjoy our renovated
yoga studio,
 where every yogi
 feels at OM.



THE
CLOUDS
 YOGA