



July 2021 Wellness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 12:00 p.m. Lunchtime Yoga with Zach	2	3
4 10:00 a.m. FREE Yoga with Zach on Mansion Lawn	5 11:30 a.m. T'ai Chi & Qigong with Steve	6	7 6:00 p.m. T'ai Chi & Qigong with Steve	8	9	10
11 10:00 a.m. FREE Yoga with Zach on Mansion Lawn	12 11:30 a.m. T'ai Chi & Qigong with Steve	13	14 6:00 p.m. T'ai Chi & Qigong with Steve	15 12:00 p.m. Lunchtime Yoga with Zach	16	17
18 10:00 a.m. FREE Yoga with Zach on Mansion Lawn	19 11:30 a.m. T'ai Chi & Qigong with Steve	20	21 6:00 p.m. T'ai Chi & Qigong with Steve	22 12:00 p.m. Lunchtime Yoga with Zach	23	24
25 10:00 a.m. FREE Yoga with Zach on Mansion Lawn	26 11:30 a.m. T'ai Chi & Qigong with Steve	27	28 6:00 p.m. T'ai Chi & Qigong with Steve	29 12:00 p.m. Lunchtime Yoga with Zach	30	31

T'ai Chi \$15 | Yoga \$12

Prices plus applicable taxes and fees. Classes take place in the Wilson Lodge Movement Studio.
Please provide payment at The West Spa prior to class.

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