



## October 2021 Wellness Classes

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

**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.

**Oglebay.com • 304-243-4130**