



September 2022 Wellness Classes

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

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