**May 2021 Zoom Schedule**

**Please register for all May classes on April 22nd**

**Flat rate $120.00**

**M & W**

**9 am Yoga $42**

**11:30 am Chair fitness $42**

**M & F**

**10:15 am Tai chi 40 & 88 forms $42**

**T & Th**

**9 am Pilates $42**

**10:15 am all forms Tai chi $42**

**11:30 am SBF $42**

**\*New beginners 1:15 pm 24 yang style tai chi $42**

**Friday**

**9:30 am Coffee social**

**11:30 am Yoga $18**

**\*New Yoga 1:15 pm $18**

**\*\*\*\*\*Free Meditation Thursdays at 4:30 pm\*\*\*\*\***

**Please mark your calendar**

**\*No classes on May 12th, 13th, 14th & 31st**