

WEEKLY SCHEDULE SUMMER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Beginners Gentle Stretch @ Brewster Chiropractic 7:30-8:30 am	Beach Blast Boot camp @West Dennis Beach, Dennis 7:45-8:45 am (Call if weather is questionable)	*90 min Yoga Flow @ Great Island, Yarmouth 9-10:30 am *open to Great Island residents only	Sunrise Yoga @ Wellfleet Audubon Society 7-8:00 am (rain or shine)	Power Yoga @ Power Yoga of Cape Cod, Harwich 9:30-10:45 am	*90 min Yoga Flow @ Great Island, Yarmouth 9-10:30 am *open to Great Island residents only
		Yoga Flow @ Mid-Cape Racquet, S.Yarmouth 6:35-7:35 pm <b>June only</b>		Beach Blast Boot Camp @ Lecount Beach, Wellfleet 8:15-9:15 am (Call if weather is questionable)		
				Community Yoga Class @ Power Yoga of Cape Cod, Harwich *4-5:15 pm *Changes to 6 pm starting June 28 <sup>th</sup>		

Please visit our Workshops Page for exciting workshops happening throughout the year!

Addresses:

Brewster Chiropractic: 1573 Main Street, Brewster MA, 02631

Lecount Hollow Beach: At the end of Lecount Hollow Road, Wellfleet MA

Mid-Cape Racquet & Health Club: 193 Whites Path, South Yarmouth, MA

Power Yoga of Cape Cod: 1 Austin Road, Unit B (next to subway) Harwich MA, 02645

Wellfleet Audubon Society: 291 State Hwy Rt. 6 South Wellfleet, MA 02663

West Dennis Beach: At the end of Lighthouse Rd off of Lower County, Dennis MA

Call with questions...Eric~508-246-7602