

*Frankfort  
Yoga Studio*

**September 2010 Schedule**

Day	Time	Class	Instructor
<b>Mondays</b>	5:15 – 6:15	Yogalates	Linda
	5:15 – 6:30	Beginner's Yoga	Julia
<b>Tuesdays</b>	10:45 – 11:45 am	Strength & Balance	Jill
	12:10 – 12:50 pm	Yoga	Jill
	5:30 – 6:45 pm	Yoga with Jim	Jim Rector
<b>Wednesdays</b>	7:00- 7:40 am	Sunrise Yoga	Julia/Jim
	10:00 – 11:00 am	Chair Yoga	Julia
	12:10 – 12:50 pm	Yoga	Leslie Laird
	5:15 – 6:30	Intermediate Yoga	Julia
<b>Thursdays</b>	10:00 – 11:15 am	Beginner's Yoga	Jill
	2:00 – 3:00	Tai Chi <i>*pre-register</i>	Carol
	5:00 – 6:00	Tai Chi	Joe
	5:15 – 5:55	Pilates <i>*pre-register</i>	Jill
	6:00 – 7:15	Yoga with Jim <i>(starting Sept. 16)</i>	Jim Rector
<b>Saturdays</b>	10:00 – 11:15	All-Levels Yoga	See below
	1:00 – 2:30	Lionflow Progressive Yoga	Glenn Brown
<b>Sundays</b>	10:00 – 11:30	Upper Back & Neck	Todd Graddy

September 4 Diane Robinson  
 September 11 Julia Rome  
 September 18 Leslie Laird  
 September 25 Jim Rector

**Saturday Yoga 10 -11:15 am**  
 Yoga Nidra

Friday, September 10  
 5:15 – 6:15 pm  
 Instructor: Julia Rome  
 \$8 or use your pricing package

**Upper Back & Neck with Todd Graddy**

Sundays, September 12, 19, & 26  
 10:00 - 11:30 AM  
 \$45.00 for 3 classes, \$20.00 drop-in

**Lionflow Progressive Yoga with Glenn Brown**

Saturdays, September 18 & 25  
 1:00 – 2:30 pm.  
 Fee: \$10

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For more information call 502 227-3276  
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