



AUGUST 2019

2635 York Rd. West
York, NY 14592

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4 Check aqua yoga schedule*	5 9 AM-YOGA 5 PM GENTLE/ BEGINNER	6 5:30 AM YOGA EXPRESS	7	8	9	10 9 AM YOGA
11 6:30 PM RESTORATIVE Check aqua yoga*	12 9 AM-YOGA 5 PM GENTLE/ BEGINNER	13 5:30 AM YOGA EXPRESS	14	15	16	17 9 AM YOGA
18 Check aqua yoga schedule*	19 9 AM-YOGA 5 PM GENTLE/ BEGINNER	20 5:30 AM YOGA EXPRESS	21	22	23	24 9 AM YOGA
25 Check aqua yoga schedule*	26 9 AM-YOGA 5 PM GENTLE/ BEGINNER	27 5:30 AM YOGA EXPRESS	28	29	30	31 9 AM YOGA

*Weekly aqua yoga schedules, sign up and payment information can be found at:
www.truenorthfarmyork.com Facebook and Instagram at True North Yoga