



2635 York Rd. West
York, NY 14592

JULY 2019

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

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