

# Summer Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Yoga for Runners</b> 6:30-7:30p 6-week session of weekly classes</p> <p><b>Vinyasa Flow Yoga</b> 7:30-8:30p 6-week session of weekly classes</p>	<p><b>Beginner Pilates</b> 5:00-6:00p 6-week session of weekly classes</p> <p><b>Advanced Pilates</b> 6:00-7:00p 6-week session of weekly classes</p> <p><b>Hypno- Birthing® Class</b> 7:05-9:35p Pre-registration required. <a href="http://www.hypnobirthingclass.com">www.hypnobirthingclass.com</a></p>	<p><b>New Mommy Fitness</b> 2:00-4:00p 6-week session of weekly classes</p> <p><b>Pre-natal Yoga</b> 6:00-7:00p 6-week session of weekly classes</p> <p><b>Vinyasa Flow Yoga</b> 7:30-8:30p 6-week session of weekly classes</p>	<p><b>Infant Massage Class</b> 11:30-12:30a 6-week session of weekly classes</p> <p><b>Post-natal Yoga</b> 2:30-3:30p 6-week session of weekly classes</p>	<p><b>Hypno-Birthing® Class</b> 7:05-9:35p Pre-registration required. <a href="http://www.hypnobirthingclass.com">www.hypnobirthingclass.com</a></p> <p>Special Note: Hypnobirthing sessions are available on either Tuesday or Friday nights.</p>	<p><b>Restorative Yoga</b> 9:30-10:30 6-week session of weekly classes</p> <p><b>Pre-natal Yoga</b> 11:00-12:00 6-week session of weekly classes</p>
<b>Monday Seminars</b>	<b>Thursday Seminars</b>	<b>Thursday Group Events</b>	<b>Thursday Running Group</b>	<b>Thursday Film Screenings</b>	
<p><b>Chronic Pelvic Pain: What Can be Done?</b> Dr. Mehran Tabrizi August 9th 5:30-6:30p Free Admission</p>	<p><b>Ayurveda: The Wisdom of Natural Beauty</b> Guest Speaker: Janice Visinski July 29th 6:30-8:00p Free Admission</p>		<p><b>IHI Running Group</b> 6:30-8:00p No Cost</p> <p>July 8th July 22nd August 5th August 19th</p>	<p><b>Food Matters</b> July 15th 6:30-8:00p Free Admission</p>	

