

SERVICES

# Classes: Fitness, Health, Lifestyle & Wellness

## Classes for All Ages

Don't Be Shy! We have classes to fit every need &  
EVERYONE is WELCOME!

### Natural Approach Wellness Center

[www.MyNaturalApproach.com/classes/](http://www.MyNaturalApproach.com/classes/)

| Today <span>◀ ▶</span> October 2023 <span>▼</span> |                      |                                      |                    |                             |     |                     | Print | Week | Month | Agenda <span>▼</span> |
|----------------------------------------------------|----------------------|--------------------------------------|--------------------|-----------------------------|-----|---------------------|-------|------|-------|-----------------------|
| Sun                                                | Mon                  | Tue                                  | Wed                | Thu                         | Fri | Sat                 |       |      |       |                       |
| Oct 1                                              | 2                    | 3                                    | 4                  | 5                           | 6   | 7                   |       |      |       |                       |
|                                                    | 786-399-4611 Sign Up | 5:30pm Sculpting<br>6pm Yoga/Pilates | 5:30pm Aerial Yoga | 6pm Power Yoga Flow         |     |                     |       |      |       |                       |
| 8                                                  | 9                    | 10                                   | 11                 | 12                          | 13  | 14                  |       |      |       |                       |
|                                                    | 786-399-4611 Sign Up | 5:30pm Sculpting<br>6pm Yoga/Pilates | 5:30pm Aerial Yoga | Power Yoga<br>Flow Canceled |     | Vision Board w/ Liz |       |      |       |                       |
| 15                                                 | 16                   | 17                                   | 18                 | 19                          | 20  | 21                  |       |      |       |                       |
|                                                    | 786-399-4611 Sign Up | 5:30pm Barre<br>6pm Yoga/Pilates     | 5:30pm Aerial Yoga | 6pm Power Yoga Flow         |     |                     |       |      |       |                       |
| 22                                                 | 23                   | 24                                   | 25                 | 26                          | 27  | 28                  |       |      |       |                       |
|                                                    | 786-399-4611 Sign Up | 5:30pm Sculpting<br>6pm Yoga/Pilates | 5:30pm Aerial Yoga | 6pm Power Yoga Flow         |     |                     |       |      |       |                       |
| 29                                                 | 30                   | 31                                   | Nov 1              | 2                           | 3   | 4                   |       |      |       |                       |
|                                                    | 786-399-4611 Sign Up | 6pm Yoga/Pilates                     | 5:30pm Aerial Yoga | 6pm Power Yoga Flow         |     |                     |       |      |       |                       |

Events shown in time zone: Eastern Time - New York

+ Google Calendar