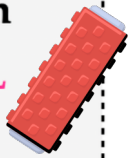


Book Happy Habits

Mondays	Wednesdays	<i>some</i> Fridays	<i>some</i> Saturdays
5:45 - 6:40 pm Beginner TAP DANCE Cardio, Balance & Coordination 	5:45 - 6:40 pm Core Strength & Balance YOGA 	5:45 - 6:40 pm Deep Stretch & Sip <i>Wine</i> Down YOGA 10/2 • 10/16 • 11/6 • 11/20	9:30 - 10:20 am FOAM ROLL Then Relax  <i>Bring Your Own Foam Roller</i> 10/17 • 11/7 • 11/21
6:45 - 7:40 pm Sun & Moon Salutation YOGA 	6:45 - 7:40 pm SALSA DANCE Beginner & Intermediate  <i>no partner necessary</i>	7:00 - 7:40 pm LATIN DANCE Beginner Basics - Merengue 10/2 - Salsa 10/16 - Cha Cha 11/6 - Bachata 11/20 7:40 - 9:00 pm Social & Potluck	10:30 am - 12:30 pm 4 ELEMENTALS CHAKRA HEALTH Brain Body Mapping Mental Health AIR 10/3 Physical Health EARTH 10/17 Emotional Health WATER 11/7 Spiritual Health FIRE 11/21 

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