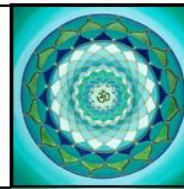














# July 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 	6	7 	8 	9
10	11	12 	13	14 	15 	16
17	18	19 	20	21 	22 	23
24	25	26	27	28	29	30
31			<b>A</b>	<b>W</b>	<b>A</b>	<b>Y</b>

## Renew From Within Yoga Classes



### Yoga Schedule For July 2011

#### Keene Studio

Tuesday Swim—6:45 to 7:15 p.m.

Tuesday Yoga - 7:30 to 8:45 p.m.

#### Rivulet on Charlotte Street

Thursday Yoga - 5:15 to 6:30 p.m.

#### Keene Studio

Friday Yoga - 10 to 11:15 a.m.

\$10 per class if pre-registered

\$12..50 drop in yoga

\$15 yoga & swim

\*\* If swimming—bring a clean machine washed bathing suit, and towel.and

Excited to have  
created  
This calendar!

For more information call  
Elaine at 705-313-0761  
Or visit the website at  
[www.renewfromwithin.co](http://www.renewfromwithin.co)

Be patient  
As I learn!  
:)