

# BEYOND PT SCHEDULE

## SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> <b>OFFICES CLOSED</b>	<b>3</b>	<b>4</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	<b>5</b> 7:30 am – Mobility Flow	<b>6</b> 10:00 am – Tai Chi	<b>7</b>
<b>8</b>	<b>9</b> 12:00 pm – Melt Monday	<b>10</b>	<b>11</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	<b>12</b> 7:30 am – Mobility Flow	<b>13</b> 7:30 am – SlowFlow 10:00 am – Tai Chi	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	<b>19</b> 7:30 am – Mobility Flow	<b>20</b> 7:30 am – SlowFlow 10:00 am – Tai Chi	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	<b>26</b> 7:30 am – Mobility Flow	<b>27</b> 7:30 am – SlowFlow 10:00 am – Tai Chi	<b>28</b>
<b>29</b>	<b>30</b>					

**SlowFlow**, *Jessica Day* | **MELT**, *Diane Shiffer* | **Alignment Yoga**, *DeeAnn Dougherty* | **Tai Chi for Better Balance**, *Jim Dalton*  
**MELT Monday**, *Kim Reis* | **Exploring Movement, Exploring Stillness**, *Jim Dalton* | **Keep Moving with Essentrics**, *Jan Landis*  
**Pilates Flow Mat Class**, *Shannon Coffel Vial* | **Mobility Flow**, *Diane Shiffer*

