



# WEEKLY SCHEDULE

## YOGA CLASSES FOR THE WEEK OF APRIL 22-28

Theme for the week: "You can start late, look different, be uncertain, and still succeed."

--Misty Copeland

MDT	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
AM		<p><b>9:00-9:50am</b>  <b>CSI Student Yoga</b>            CSI Gym 304            January 16-May 2</p> <p><b>12:00-12:50pm</b>  <b>Lifelong Yoga</b>            CSI Gym 304            Jan 9--May 9            \$65 for T and Th            free to CSI Employees            register here:  <a href="https://csi.augusoft.net/">https://csi.augusoft.net/</a>            or call Kim at            208 732 6855</p>	<p><b>10:00-10:50pm</b>  <b>Lifelong Yoga</b>            CSI Gym 304  <b>subbing for Suelin</b></p>	<p><b>9:00-9:50am</b>  <b>CSI Student Yoga</b>            CSI Gym 304            January 16-May 2</p> <p><b>12:00-12:50pm</b>  <b>Lifelong Yoga</b>            CSI Gym 304            Jan 9--May 9            \$65 for T and Th            free to CSI Employees            register here:  <a href="https://csi.augusoft.net/">https://csi.augusoft.net/</a>            or call Kim at            208 732 6855</p>	<p><b>10:00-10:45am</b>  <b>Restorative Yoga</b>            Xrossways            400 Irene Street            Kimberly, ID            Drop in fee \$10 or            one time free visit!</p>		
PM		<p><b>5:30-6:20pm</b>  <b>Lifelong Yoga</b>            CSI Gym 304            Jan 9--May 9            \$65 for T and Th            free to CSI Employees            register here:  <a href="https://csi.augusoft.net/">https://csi.augusoft.net/</a>            or call Kim at            208 732 6855</p> <p><b>6:30-7:20pm</b>  <b>Balanced Body</b>            CSI Gym 304            Jan 9-May 9            \$35            Tuesdays only            register here:  <a href="https://csi.augusoft.net/">https://csi.augusoft.net/</a>            or call Kim at            208 732 6855</p>	<p><b>4:00-5:00pm</b>  <b>ESL Kid's Yoga</b>            Adventure Camp            Everybody House            360 Shoshone Street E            two 30 min classes</p> <p><b>6:00-7:00pm</b>  <b>Abundant Yoga</b>            Methodist Church            360 Shoshone Street E            6 week series            Wednesdays            April 3--May 8            yoga for larger bodies, or            anyone who likes a slower            pace            \$85 for all 6 weeks--or join            later and cost will be pro-            rated            register with me            208-404-9670</p>	<p><b>5:30-6:20pm</b>  <b>Lifelong Yoga</b>            CSI Gym 304            Jan 9--May 9            \$65 for T and Th            free to CSI Employees            register here:  <a href="https://csi.augusoft.net/">https://csi.augusoft.net/</a>            or call Kim at            208 732 6855</p> <p><b>6:30-7:20pm</b>  <b>Inside Flow Basics--</b>  <b>Yoga on the beat of</b>  <b>music</b>            CSI Gym 304            Jan 9-May 9            \$35            Thursdays only            register here:  <a href="https://csi.augusoft.net/">https://csi.augusoft.net/</a>            or call Kim at            208 732 6855</p>	<p><b>7:30pm</b>  <b>Magic Valley</b>  <b>Symphony</b>            CSI Fine Arts            Auditorium            tickets are \$12 adult            \$10 senior and \$6            students</p>		