



# AURAFITNESS CLASS SCHEDULE

FALL 2023

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## MONDAY

**Body Ease Gentle Yoga**  
12-1PM with Elise in Studio

## TUESDAY

**Body Inspire Strength Training**  
8-9AM with Aura Online

## WEDNESDAY

**Parkinson's Vocal Training**  
10-11AM with David Online

**Body Ease Gentle Yoga**  
12-1PM with Elise in Studio

## THURSDAY

**Body Balance Flow Yoga**  
8-9AM with Aura in Studio +  
Online

**Tai Chi + Qigong** 12-1PM with  
M Scarlett in Studio

## FRIDAY

**Gentle Yoga + Meditation**  
8-9AM with Aura Online

**Yoga for Back Care +  
Scoliosis** 9-10:30AM with  
Sonya in Studio

**Flow Jams Yoga** 5:30-7PM  
with Kari in Studio

## SATURDAY

**Body Balance Flow Yoga**  
8-9:15AM with Aura  
in Studio

FULL DETAILS AT [AURAFITNESSTAOS.COM](http://AURAFITNESSTAOS.COM)

1337 GUSDORF ROAD

