



# Class Schedule & Upcoming Events

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[www.alignmentBEACH.com](http://www.alignmentBEACH.com)

All classes are appropriate for all levels.

It is requested that all students complete an Intro Session prior to attending class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:45am Strong & Supple Tim		7:45am Core & Twists Tim		
9:00am Knees & Hips Breena	9:00am Move & Play Breena	9:00am Upper Body Strength Breena	9:00am Feet: Our Base Breena		9:00-10:00am Whole Body Alignment Tim
10:15am Roll Out the Tension Breena		10:15am Stretch it Out Breena			

## **UPCOMING EVENTS:**

### **Intro to Alignment Class**

*\$10! (RSVP Required, Space Limited)*

In an Intro to Alignment class, we teach the foundational concepts of "what is alignment and why does it matter". This is the introduction to the language we use, as well as the basic exercises we do most frequently- those that are the essentials for most of us- and the beginnings of how to improve how you walk. This is a great class to invite friends and family to learn the fundamentals of alignment.

Dates to be announced.

### **GAIT Lab**

This is a 4-week class where we will cover the basics of walking. It seems so simple (or it did before you heard of Restorative Exercise and Nutritious Movement!) but there's a pretty good chance that we can all improve how we walk to better nourish every part of our body. Learn how to walk for better balance, bone strengthening, ease on the knees and hips, and more use of the booty (which is good for the pelvic floor).

Dates: Starts Saturday, January 18 – February 8, 12:30-1:30pm

Instructor: Breena Maggio

Cost: \$75

Note: We will be running this series periodically.

### **DREAM/Vision Board FUNshop**

Date: Wednesday, January 29, 6-8pm

Cost: \$10 includes all materials

A Dream or Vision Board is a way to put your dreams and goals into a tangible, visible format to keep them in front of you, to help you maintain focus, as you work your way towards them. And it can be absolutely anything on there! Doesn't have to all big lofty extravagant goals... But it can be and it's powerful.

RSVP required.