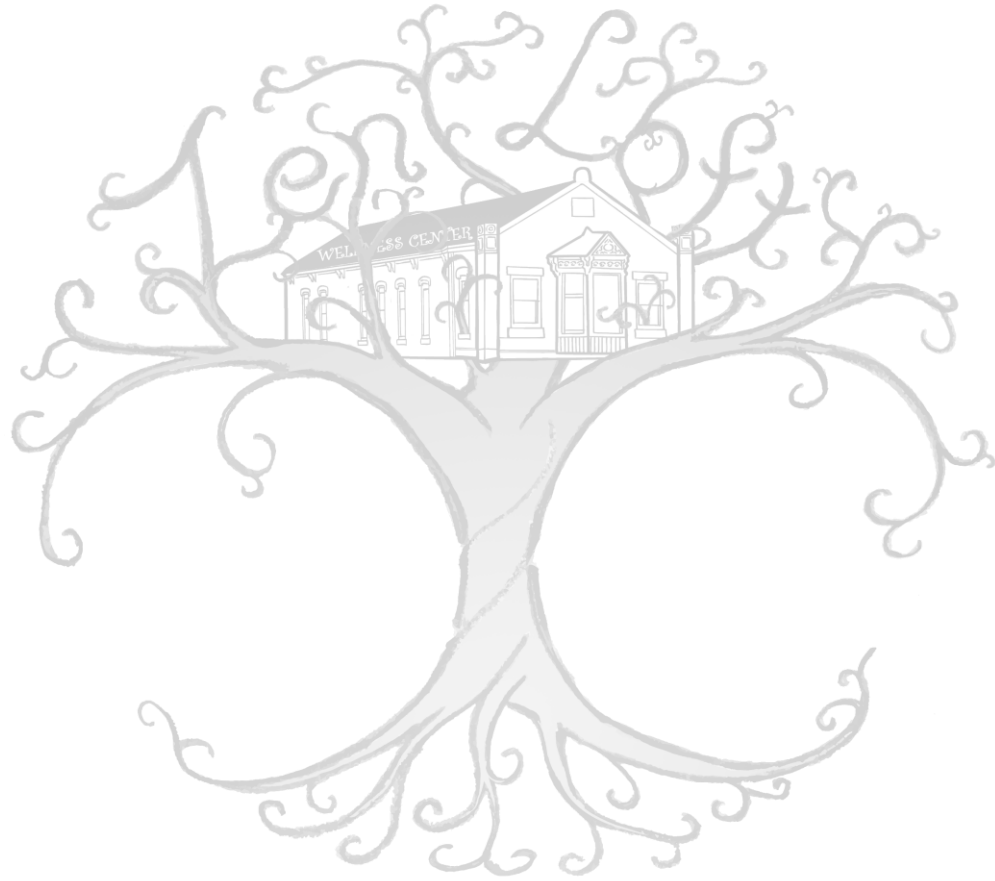


| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday                          | Friday  | Saturday  |
|---|--|--|--|-----------------------------------|---|---|
| 28<br>1st class at Zen Loft is <b>FREE</b><br>4 classes for \$60<br>8 classes for \$100<br>Drop-in rate is \$20 | 29<br><b>Zen Loft Wellness Center</b><br>6 W. Downer Place, Aurora, IL 60506<br>(630) 465-LOFT (5638)<br>www.ZenLoftWellnessCenter.com<br>~ Ask us about Memberships ~ | 30<br>Workshops & Aerial Yoga are \$35 for drop-ins or 2 punches on either multi-class pass                      | 31<br>Workshops & Aerial Yoga are \$35 for drop-ins or 2 punches on either multi-class pass  | 1<br><b>Game Night</b><br>4-8pm   | 2<br><b>First Fridays</b><br>6-9pm  | 3<br><b>Aerial Yoga Intro</b><br>9:30-10:45am   |
| 4   | 5<br><b>Morning Massages</b><br>9am-Noon @ REC<br><b>Aerial Yoga Intro</b><br>9:30-10:45am<br><b>Family Yoga</b><br>5:30-6:30pm  | 6<br><b>Beginner Yoga</b><br>5:30-6:30pm<br><b>Mantra Belly Dance</b><br>Level 1: 7-8pm<br>Level 2: 8:15-9:15pm  | 7<br><b>Meditation</b><br>5:30 * 6:00 * 6:30<br><b>Vinyasa Yoga</b><br>Level 1: 5:30-6:30pm<br>Level 2: 6:45-7:45pm<br><b>Aerial Yoga</b> 7-8:30pm<br><b>Yoga en Esp.</b> 8-9pm  | 8                                 | 9<br><b>Power Yoga</b><br>9:30-10:30am                                    | 10<br><b>Aerial Yoga Intro</b><br>9:30-10:45am  |
| 11<br><b>Hoop Dance Class</b><br>2:30-4pm   | 12<br><b>MMM 9-Noon</b><br><b>Aerial Yoga Intro</b><br>9:30-10:45am<br><b>Family Yoga</b><br>5:30-6:30pm<br><b>Holy Yoga</b> 7-8pm                                     | 13<br><b>Beginner Yoga</b><br>5:30-6:30pm<br><b>Mantra Belly Dance</b><br>Level 1: 7-8pm<br>Level 2: 8:15-9:15pm | 14<br><b>Meditation</b><br>5:30 * 6:00 * 6:30<br><b>Vinyasa Yoga</b><br>Level 1: 5:30-6:30pm<br>Level 2: 6:45-7:45pm<br><b>Aerial Yoga</b> 7-8:30pm<br><b>Yoga en Esp.</b> 8-9pm | 15<br><b>Craft Night</b><br>7-9pm | 16<br><b>Power Yoga</b><br>9:30-10:30am                                   | 17<br><b>Aerial Yoga Intro</b><br>9:30-10:45am<br><b>Partner Massage</b><br>12-2pm<br><b>Drum Circle</b><br>3-6pm                 |
| 18<br><b>Breakdancing Basics Workshop</b><br>4:30-6:30pm  | 19<br><b>MMM 9-Noon</b><br><b>Aerial Yoga Intro</b><br>9:30-10:45am<br><b>Family Yoga</b><br>5:30-6:30pm<br><b>Holy Yoga</b> 7-8pm                                     | 20<br><b>Beginner Yoga</b><br>5:30-6:30pm<br><b>Mantra Belly Dance</b><br>Level 1: 7-8pm<br>Level 2: 8:15-9:15pm | 21<br><b>Meditation</b><br>5:30 * 6:00 * 6:30<br><b>Vinyasa Yoga</b><br>Level 1: 5:30-6:30pm<br>Level 2: 6:45-7:45pm<br><b>Aerial Yoga</b> 7-8:30pm<br><b>Yoga en Esp.</b> 8-9pm | 22                                | 23<br><b>Power Yoga</b><br>9:30-10:30am                                   | 24<br><b>Aerial Yoga Intro</b><br>*** Cancelled ***<br>~ Resumes in July ~<br><b>LMT Massage/ Professional Trade</b><br>12-2:30pm |
| 25<br><b>Meditative Painting</b><br>10-12pm<br><b>Hoop Dance Class</b><br>2:30-4pm                              | 26<br><b>MMM 9-Noon</b><br><b>Aerial Yoga Intro</b><br>9:30-10:45am<br><b>Family Yoga</b><br>5:30-6:30pm<br><b>Holy Yoga</b> 7-8pm                                     | 27<br><b>Beginner Yoga</b><br>5:30-6:30pm<br><b>Mantra Belly Dance</b><br>Level 1: 7-8pm<br>Level 2: 8:15-9:15pm | 28<br><b>Meditation</b><br>5:30 * 6:00 * 6:30<br><b>Vinyasa Yoga</b><br>Level 1: 5:30-6:30pm<br>Level 2: 6:45-7:45pm<br><b>Aerial Yoga</b> 7-8:30pm<br><b>Yoga en Esp.</b> 8-9pm | 29                                | 30<br><b>Power Yoga</b><br>9:30-10:30am<br><b>Community Yoga</b><br>5-6pm | 1<br>Zen Loft is home to 15+ small businesses who are passionate about their trade and serving their community!                   |



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