



October '26 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga stretch or massage.	45min Salt Cave sessions begin at the top of each hour: Monday 10am-6pm Tuesday 10am-6pm Wednesday 10am-6pm Thursday 10am-6pm Friday 10am-6pm Saturday 11am-5pm Sunday 1pm-3pm	Underlined events are special pricing. Please ask for details! Must pre-register by 5pm the day before event. Must sign up for classes at least 75 minutes in advance! www.behappybg.com	Susan P Beshka Alesia Mary Morgan Kaila Chelsey Susan T Karla Trudy Frances Shigeko Angela Virginia Julie Lindsey Wendy Nancy	1 9:45am Slow Flow 4:15pm Mat Pilates <u>5PM Reading Hour in the Salt Cave</u> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	2 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	3 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow
4 3pm Yoga then Salt 4:30pm Yoga Fusion	5 9:30am Restorative Yoga 11:15am Corefirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	6 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	7 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	8 9:45am Slow Flow 4:15pm Corefirst Pilates <u>5PM Reading Hour in the Salt Cave</u> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	9 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	10 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow
11 3pm Yoga then Salt 4:30pm Yoga Fusion	12 9:30am Restorative Yoga 11:15am Corefirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	13 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt <u>6:30pm Yoga In Lost River Cave!</u> 7pm Corefirst Strength	14 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	15 9:45am Slow Flow 4:15pm Mat Pilates <u>5PM Reading Hour in the Salt Cave</u> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	16 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength <u>2PM Guided Deep Relaxation in the Salt Cave</u> 4:15pm Restorative + Salt	17 8:15am Yoga Fusion <u>9am Stretch and Stroll at Lost River Cave</u> 9:30am Yoga then Salt 11am Vinyasa Flow <u>5pm Members & Staff End of Summer Yoga & Bonfire</u>
18 3pm Yoga then Salt 4:30pm Yoga Fusion	19 9:30am Restorative Yoga 11:15am Corefirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	20 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	21 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	22 9:45am Slow Flow 4:15pm Corefirst Pilates <u>5PM Reading Hour in the Salt Cave</u> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	23 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	24 8:15am Yoga Fusion 9:30am Yoga then Salt <u>11am Kid's Spooky Yoga in the Salt Cave</u> 11am Vinyasa Flow
25 <u>1pm Dog Yoga with Warren County Humane Society</u> 3pm Yoga then Salt 4:30pm Full Moon Flow & Restore	26 9:30am Restorative Yoga 11:15am Corefirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	27 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	28 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow <u>5pm Salty Book Club</u> 6:15pm Vinyasa Sculpt	29 9:45am Slow Flow 4:15pm Mat Pilates <u>5PM Reading Hour in the Salt Cave</u> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	30 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	31 8:15am Yoga Fusion 9:30am Pumpkin Spice & Salt Light 11am Vinyasa Flow