

# Summer Yoga

Book online [www.heathermcdermidyoga.com](http://www.heathermcdermidyoga.com)

## JULY / AUGUST 2025

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<u>7:30- 8:45pm</u> Luminous Stretch & Restore (Ness)		<u>9:30 - 10:30 AM</u> Yoga at Kinsmen Lake (Heather)	<u>5:30 - 6:30 PM</u> Little Roots Yoga (Ness) (July 2 <sup>nd</sup> , 23 <sup>rd</sup> , August 6 <sup>th</sup> , 27th)  <u>7:15 - 8:15 PM</u> Summer Soul Sessions (Ness) (July 2 <sup>nd</sup> , 23 <sup>rd</sup> , August 6 <sup>th</sup> , 27th)  <u>7:30 - 8:30 PM</u> Flow Yoga (Britt) (July 9 <sup>th</sup> , 16 <sup>th</sup> , August 13 <sup>th</sup> , 20 <sup>th</sup> )	<u>9:30 - 10:45 AM</u> Rise & Shine (Heather)  <u>7:00 - 8:30 PM</u> Moon Yoga (Heather) (July 10th and 24th)		

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Pricing Plans can be used for any class (July - August 2025)  
Join us on the free mobile app “Fit by Wix” to easily book classes  
(use invite code IMYUDP)

Android



Apple

