

STRONG LIKE A WOMAN

NOVEMBER 2021 CLASS CALENDAR

Yoga Nova Studio:

- **Friday November 5th @ 5:30pm** with Erika - Hot Power Yoga
- **Friday November 19th @ 5:30pm** with Erika - Hot Power Yoga
- **Sign up:** <https://clients.mindbodyonline.com/classic/mainclass?studioid=876788&tg=65&vt=&vl=&styp=-7&view=day&trn=0&page=&catid=&prodid=&date=11%2f17%2f2021&classid=0&prodGroupId=&sSU=&optForwardingLink=&qParam=&justloggedin=&nLgIn=&pMode=0&loc=1>
- **Address:** 3519 14th Street SW

kin+fit:

- **Thursday November 18th @ 6:30pm** - Full Body HIIT
- **Saturday November 20th @ 12pm** - Full Body HIIT
- **Address:** Co-Sweat Studio - 1202 20 Ave SE
- **Sign up:** <https://www.kinfityyc.com/schedule>

Wymbin

- **Saturday November 20th @ 3:30pm** - Parent & Child CALM Yoga (for ages 7+) by candlelight with Jenna Galloway
- **Sign up:** <https://www.wymbin.com/event-details/parent-child-calm-yoga-for-ages-7-by-candlelight-with-jenna-galloway>
- **Sunday November 21st @ 1:30pm** - Parent & Child Partner Poses Class (for 4+) with Paige Johnston
- **Sign up:** <https://www.wymbin.com/event-details/parent-child-partner-poses-class-for-4-with-paige-johnston>
- **Address:** #50 919 9 Ave SE

Yoga in Bowness

- **Saturday November 27th @ 3:00pm** - Healing Hatha with Joanna Ng
- **Sign up:**
 - **Virtual** - <https://clients.mindbodyonline.com/classic/ws?studioid=70988&styp=-7&sTG=30&sVT=13&sView=day&sLoc=0&sTrn=100000022&date=11/27/21>
 - **In studio** - <https://clients.mindbodyonline.com/classic/ws?studioid=70988&styp=-7&sTG=30&sVT=12&sView=day&sLoc=0&sTrn=100000022&date=11/27/21>
- **Address:** #102, 6323 Bowness Road NW



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Register for a class in support of vulnerable women and children!