

# TABLE HEALTH

# MOVEMENT STUDIO

**\$15 DROP-IN**  
UNLIMITED WITH TABLE HEALTH MEMBERSHIP

**SUNDAY, 9AM**

## **MORE SOUL YOGA** DONATION BASED CLASS

Soul soothing yoga practice offers reverence to your body and all that it does for you throughout the long week, with Erin Goldman, E-RYT.

**MON. WED. FRI., 6AM**

## **MAT PILATES**

Mixed-level class appropriate for all levels with Holli Harvey, NCPT.

**MONDAY + WEDNESDAY,  
8:30AM**

## **MORE STABILITY YOGA**

All-levels yoga class with an emphasis on strength-building poses with Erin Goldman, E-RYT.

**TUESDAY + THURSDAY, 7AM**

## **MORE JOY YOGA**

Uplifting morning yoga practice appropriate for all levels with Erin Goldman, E-RYT.

**WEDNESDAY, 5:45PM**

## **ZUMBA**

All-levels dance fitness incorporating interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness with Holli Harvey, NCPT.

**FRIDAY, 9AM**

## **MORE EASE YOGA**

Slow flow yoga class designed to ease the stress of daily life. Soothe your body. Support your nervous system. Restore your natural resilience with Erin Goldman, E-RYT.

**FRIDAY, 6PM**

## **DANCE FOR GRACE & STRENGTH**

All-levels dance class to challenge your body and brain with a balance of movement technique, connection, and imagination with Melissa Bennett-Pensinger.

**SATURDAY, 9:30AM**

## **FELDENKRAIS®** DONATION BASED CLASS

The Feldenkrais® Method teaches us to move more freely without pain, experience our bodies with greater comfort & ease, and live our lives with greater joy & capacity. Led by Katheleen Wainwright, OT.

ALL CLASSES  
IN PERSON OR  
VIRTUAL

**SIGN UP ONLINE:**

**[TABLEHEALTHTC.COM/MOVEMENT](https://tablehealthtc.com/movement) | 231.333.1331**