

**Class Schedule - Effective September 11, 2023**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Gentle Yoga Flow Joseph	9:15 - 10:15 Nia Caroline	9:00 - 10:00 Gentle Yoga Shelley	9:00 - 10:00 Gentle Yoga Diane	9:00 - 10:00 Balance, Strength & Stretch Yoga Alison	9:00 - 10:00 Virtual/In-Studio Gentle Yoga Julia	9:00 - 10:00 Virtual/In-Studio Happy Hips Fitness Dawn-Marie
9:30 - 10:30 Virtual/In-Studio Core & More Fitness Dawn-Marie	9:30 - 10:30 Virtual/In-Studio Gentle Yoga Cathy	9:30 - 10:30 Chair Yoga <b>New!</b> Lisa	9:30 - 10:30 Virtual/In-Studio Core & More Fit Dawn-Marie	9:30 - 10:30 Virtual/In-Studio Pilates <b>New!</b> Laura	9:15 - 10:15 Yoga Flow 2-3 Marie-Lyne	9:15 - 10:15 Yoga Flow 1-2 <b>New!</b> Diane
10:30 - 11:15 Guided Relaxation & Crystal Bowl Sound Bath Glenda	10:45 - 11:45 Virtual/In-Studio Pilates Fusion Cathy	10:45 - 12:00 Restore & Align Yoga Michael	10:45 - 11:45 Virtual/In-Studio Stretch Band Yoga Michael	10:45 - 11:45 Yoga on the Ball Michael	10:30 - 11:30 Virtual/In-Studio Pilates Fusion Anita	10:30 - 11:30 Virtual/In-Studio Yin Yoga Diane
10:45 - 11:45 Virtual/In-Studio Gentle & Restorative <b>New!</b> Dawn-Marie	12:00 - 1:00 Restorative Yoga <b>New!</b> Glenda	12:00 - 1:00 Virtual/In-Studio Happy Hips Fitness Dawn-Marie	12:00 - 1:00 Nia <b>New!</b> Ann	12:00 - 12:45 Zumba Gold Christine		
12:00 - 1:00 Chair Yoga Lisa			1:15 - 2:30 <b>New Time!</b> Gentle Somatic Yoga Glenda	1:00 - 2:00 Yin Yoga Glenda	<p><b>Upcoming Workshops *</b></p> <p><b>Tai Chi Try-It Class with Jurgen</b> Wednesday, September 20 6:30 p.m. to 7:30 p.m.</p> <p><b>Energy Medicine &amp; Yoga with Lisa</b> Saturday, September 23 1:00 p.m. to 5:00 p.m.</p> <p><b>Gong Sound Bath with Jennifer</b> Monday, September 25 7:30 p.m. to 8:30 p.m.</p> <p><b>Somatic Yin Yoga with Brian</b> Monday, October 2 7:15 p.m. to 8:45 p.m.</p>	
5:30 - 6:30 Hatha Yoga Su	5:15 - 6:00 <b>New Time!</b> Zumba Gold Christine	5:30 - 6:30 Virtual/In-Studio Yogalates Anita				
5:45 - 6:45 Gentle Yoga <b>New!</b> Ivana	6:00 - 7:00 Hatha Yoga <b>New!</b> Justine		6:00 - 7:00 Hatha Yoga Brian			
7:00 - 8:00 Virtual/In-Studio Flow & Let Go Su	7:00 - 8:15 Virtual/In-Studio Yin & Meditation Brian	7:00 - 8:00 Gentle & Restorative Christina	7:30 - 8:30 Virtual/In-Studio Gentle Yoga with Nidra Julia			
Schedule Subject to Change. *Registration and separate fee may be required.						