

Winter Schedule - Effective March 12, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Gentle Yoga Flow Joseph	9:15 - 10:15 Nia Natasha	9:00 - 10:00 Gentle Yoga Shelley	9:00 - 10:00 Gentle Yoga Diane	9:00 - 10:00 Gentle Yoga New! Laura P	9:00 - 10:00 Gentle Yoga (V) Brian	9:00 - 10:00 Happy Hips Fitness (V) Dawn-Marie
9:30 - 10:30 Core & More Fit (V) Dawn-Marie	9:30 - 10:30 Gentle Yoga (V) Cathy	10:30 - 11:30 Fitness Fusion New! Shelley	9:30 - 10:30 Core & More Fit (V) Dawn-Marie	9:30 - 10:30 Yoga Flow 1-2 (V) New! Shelley	9:15 - 10:15 Yoga Flow 2-3 Julia	9:15 - 10:15 Yoga Flow 1-2 Ksenia
10:30 - 11:15 Guided Relaxation & Crystal Bowl Sound Bath Glenda	10:45 - 11:45 Pilates Fusion (V) Cathy	10:45 - 12:00 Restore & Align Yoga Michael	10:30 - 11:30 Nia New Time! Ann	10:30 - 11:30 New Time! Balance, Strength & Stretch Yoga Alison	10:30 - 11:30 Barrelates Mix (V) New! Anita	10:30 - 11:30 Yin Yoga (V) Diane
10:45 - 11:45 Gentle & Restorative (V) Dawn-Marie		12:00 - 1:00 Virtual/In-Studio Happy Hips Yoga New! Darlene		12:00 - 12:45 Zumba Gold Christine		
12:00 - 1:00 Chair Yoga Lisa	1:00 - 2:00 Gentle Yoga Flow New! Diane		1:00 - 2:15 Gentle Somatic Yoga Glenda	1:00 - 2:00 Yin Yoga Glenda		
5:30 - 6:30 Hatha Yoga Su	5:30 - 6:30 Yoga for Hips & Core Justine	5:30 - 6:30 Yogalates (V) Anita				
5:45 - 6:45 Gentle Yoga Ivana			6:00 - 7:00 Hatha Yoga Michael			
7:00 - 8:00 Flow & Let Go (V) Su	7:00 - 8:15 Yin & Meditation (V) Brian	7:00 - 8:00 Yin & Restorative New! Christina	7:30 - 8:30 Gentle Yoga with Nidra (V) Julia			

Upcoming Workshops *

Spring Equinox: Balance Your Nervous System with Julie
Tuesday, March 19
7:00 p.m. to 8:00 p.m.

Tai Chi Six Week Series with Jürgen
Wednesdays, March 20 to April 24
6:30 p.m. to 7:30 p.m.

Strappy Yin with Diane
Thursday, March 28
7:00 p.m. to 8:30 p.m.

Tune Yin with Glenda & Brian
Saturday, April 6
10:30 a.m. to 12:00 p.m.

Schedule Subject to Change. *Registration and separate fee may be required.