

Spring Schedule - Effective April 8, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
9:00 - 10:00 Gentle Yoga Flow Joseph	9:00 - 10:00 New Time! Nia Natasha	9:00 - 10:00 Gentle Yoga Shelley	9:00 - 10:00 Gentle Yoga Diane	9:00 - 10:00 Gentle Yoga Laura	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 Shelley	9:30 - 10:30 Core & More Fit (V) Dawn-Marie	9:30 - 10:30 Yoga Flow 1-2 (V) 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 - 12:00 Restore & Align Yoga Michael	10:45 - 11:45 Hatha Yoga New! Bhavin	10:30 - 11:30 Balance, Strength & Stretch Yoga Alison	10:30 - 11:30 Barrelates Mix (V) Anita	10:30 - 11:30 Yin Yoga (V) Diane		
10:45 - 11:45 Gentle & Restorative (V) Dawn-Marie	10:45 - 11:45 Pilates Fusion (V) Cathy			12:00 - 12:45 Zumba Gold Christine	<p align="center">Upcoming Workshops *</p> <p align="center">Yoga Therapy for Upper Body with Michael Sunday, April 14 12:00 p.m. to 2:00 p.m.</p> <p align="center">Seasonal Springtime Practice with Glenda Tuesday, April 16 10:30 a.m. to 11:30 a.m.</p> <p align="center">Drumming for Healing & Transformation with Julie Tuesday, April 23 12:00 p.m. to 1:00 p.m.</p> <p align="center">Introduction to Tai Chi with Jürgen Wednesday, April 24 6:30 p.m. to 7:30 p.m.</p>			
12:00 - 1:00 Chair Yoga Lisa	1:00 - 2:00 Gentle Yoga Flow Diane	1:00 - 2:00 Gentle Yoga Flow (V) New! Darlene	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	5:45 - 6:45 Gentle Yoga New! Sasy		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 Christina	7:30 - 8:30 Gentle Yoga with Nidra (V) Julia					
<p align="center">Schedule Subject to Change. *Registration and separate fee may be required.</p>								