

Fall Schedule - Effective September 26, 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|--|
| 9:00 - 10:00 Gentle Yoga Flow Joseph | 9:00 - 10:00 Nia New! 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 | | 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 Crystal Bowl Relaxation Glenda | 10:15 - 11:15 Qigong Flow New! Glenda | 10:30 - 11:30 Fitness Fusion Shelley | 10:45 - 11:45 Hatha Yoga Bhavin | 10:30 - 11:30 Balance, Strength & Stretch Yoga Alison | 10:15 - 11:15 Yin Yoga New! Christina | 10:30 - 11:30 Yin Yoga (V) Diane |
| 10:45 - 11:45 Gentle & Restorative Dawn-Marie | 10:45 - 11:45 Pilates Fusion (V) Cathy | 10:45 - 12:00 Restore & Align Yoga Michael | | 12:00 - 12:45 Zumba Gold Christine | 10:30 - 11:30 Barrelates Mix Anita | |
| 12:00 - 1:00 Chair Yoga Darlene | 1:00 - 2:00 Gentle Yoga Flow Diane | 1:00 - 2:00 Gentle Flow & Meditation Laura | 1:00 - 2:15 Gentle Somatic Yoga Glenda | 1:00 - 2:00 Yin Yoga Glenda | <p align="center">Upcoming Workshops & Events*</p> <p>Beyond Walking Group with Shelley Fridays, September 27 to October 25 10:45 a.m. to 11:45 a.m.</p> <p>Somatic Yin with Brian Monday, October 7 7:15 p.m. to 8:45 p.m.</p> <p>Healthy Gut, Healthy Life with Laura Tuesday, October 8 6:00 p.m. to 7:00 p.m.</p> <p>Mandala Stone Art with Victoria Sunday, October 20 1:00 p.m. to 4:00 p.m.</p> | |
| 5:30 - 6:30 Hatha Yoga Su | 5:30 - 6:30 New Time! Gentle Yoga Bhavin | 5:30 - 6:30 Yogalates (V) Anita | | | | |
| 5:45 - 6:45 Gentle Yoga New! Ivana | 7:00 - 8:15 Yin & Meditation (V) Brian | 7:00 - 8:00 Functional Yoga Julia L. | 6:00 - 7:00 Hatha Yoga Michael | | | |
| 7:00 - 8:00 Flow & Let Go (V) Su | 7:30 - 8:30 Yoga Flow 1-2 New! Ksenia | | 7:30 - 8:30 Gentle Yoga with Nidra (V) Julia | | | |
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Schedule Subject to Change. *Registration and separate fee may be required.
(V) indicates virtual sign-up available in addition to live in-studio class.