

Winter Schedule - Effective January 21, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Gentle Yoga Flow Julie	9:00 - 10:00 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		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 & Sound Bath Glenda	10:15 - 11:15 Qigong Flow Glenda	10:30 - 11:30 Fitness Fusion Shelley		10:30 - 11:30 Balance, Strength & Stretch Yoga Alison		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	10:45 - 11:45 Hatha Yoga Bhavin	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 Yin Yoga New! Laura	1:00 - 2:15 Gentle Somatic Yoga Glenda	1:00 - 2:00 Yin Yoga Nathalie	<p align="center">Upcoming Workshops & Events*</p> <p align="center">Introduction to Belly Dancing with Sharon Thursdays, February 13 to March 6 12:00 pm to 12:45 pm</p> <p align="center">Hot Stone Restorative with Christina Thursday, February 20 6:30 pm - 8:30 pm</p> <p align="center">Mindful Monkeys Children's Series with Heather Saturdays, February 22 to March 8 11:30 am to 12:15 pm</p>	
5:30 - 6:30 Hatha Yoga Su	5:30 - 6:30 Gentle Yoga Bhavin	5:30 - 6:30 Yogalates (V) Anita				
5:45 - 6:45 Gentle Yoga Ivana	7:00 - 8:15 Yin & Meditation (V) Brian		6:00 - 7:00 Hatha Yoga Michael			
7:00 - 8:00 Flow & Let Go (V) Su	7:30 - 8:30 Yoga Flow 1-2 Ksenia	7:00 - 8:00 Gentle Yoga Julia L.	7:30 - 8:30 Deep Rest Guided Relaxation (V) Julia			

Schedule Subject to Change. *Registration and separate fee may be required.
(V) indicates virtual sign-up available in addition to live in-studio class.