

**Spring Schedule - Effective April 15**

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 Gentle Flow & Let Go <b>New!</b> Darlene		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 1-2 <b>New!</b> Julia L.	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 (L2) Alison	10:15 - 11:15 Restorative Yoga <b>New!</b> Christina	10:30 - 11:30 Yin Yoga (V) Diane
10:45 - 11:45 Restorative Yoga 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 Laura	1:00 - 2:00 Balance Strength & Stretch (L1) <b>New!</b> Alison	1:00 - 2:15 Gentle Somatic Yoga Glenda	1:00 - 2:00 Yin Yoga Bhavin	<h2 align="center">Upcoming Workshops &amp; Events*</h2> <p align="center"><b>Introduction to Belly Dancing with Sharon</b> Thursdays, April 24 to May 15 12:00pm - 12:45pm</p> <p align="center"><b>Foam Roller &amp; Tune Up Ball Series with Michael</b> Thursdays, April 24 to May 8 6:30pm - 7:30pm</p> <p align="center"><b>Mandala Stone Art with Victoria</b> Sunday, April 27 1:00pm - 4:00pm</p>	
5:30 - 6:30 Hatha Yoga Su	5:30 - 6:30 Hatha Yoga <b>New!</b> Shelley	5:30 - 6:30 Yogalates (V) Anita		5:30 - 6:30 Yoga Flow 1-2 <b>New!</b> Julia			
6:00 - 7:00 Fitness Fusion <b>New!</b> Ivana	7:00 - 8:15 Yin & Meditation (V) Brian	7:00 - 8:00 Gentle Yoga Julia L.		7:00 - 8:15 Gentle Yoga & Yoga Nidra (V) <b>New!</b> Julia			
7:00 - 8:00 Flow & Let Go (V) Su	7:30 - 8:30 Yoga Flow 1-2 Ksenia						

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