

**Spring Schedule - Effective April 6**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Gentle Yoga Flow Randy	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 Darlene	9:00 - 10:00 Gentle Yoga Brian	9:00 - 10:00 Happy Hips Fitness 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 Pilates Fusion Shelley	9:15 - 10:15 Yoga Flow 1-2 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	10:45 - 12:00 Restore & Align Yoga Michael	10:30 - 11:30 Yin Yoga Diane	10:30 - 11:30 Balance, Strength & Stretch Yoga Level 2 Alison	10:30 - 11:30 Barrelates Mix Anita	10:30 - 11:30 Gentle Yoga <b>New!</b> Ksenia
10:45 - 11:45 Restorative Yoga Dawn-Marie	10:45 - 11:45 Pilates Fusion Cathy	12:00 - 1:00 Hatha Yoga <b>New!</b> Jen	1:00 - 2:15 Gentle Somatic Yoga Glenda	12:00 - 12:45 Zumba Gold Christine	11:45 - 12:45 Gentle & Restorative Christina	10:30 - 11:30 Yin Yoga Diane
12:00 - 1:00 Chair Yoga Darlene	12:00 - 1:00 Gentle Yoga Flow <b>New!</b> Diane	1:00 - 2:00 Balance, Strength & Stretch Yoga (all levels) Darlene		1:00 - 2:00 Yin Yoga Basia	1:00 - 2:00 Yin Yoga Randy	
5:30 - 6:30 Hatha Yoga Su	5:45 - 6:30 Fitness Fusion <b>New Time!</b> Shelley	5:30 - 6:30 Yoga Flow 1-2 <b>New!</b> Julia L.	5:30 - 6:30 Yoga Flow 1-2 Julia		<p align="center"><b>Upcoming Workshops &amp; Events*</b></p> <p><b>Crystal Healing Restorative &amp; Reiki with Julie</b> Thursday, May 28 6:00 p.m. to 7:30 p.m.</p> <p><b>Six Healing Sounds &amp; Sound Bath with Glenda</b> Thursday, June 4 7:00 p.m. to 8:15 p.m.</p> <p><b>Qigong for Happy Digestion with Glenda</b> Friday, June 12 10:45 a.m. to 11:45 a.m.</p>	
6:00 - 7:00 Fitness Fusion Ivana	7:00 - 8:15 Yin & Meditation (V) Brian					
7:00 - 8:00 Gentle Flow & Let Go (V) Su	7:00 - 8:00 Yoga Flow 1-2 Ksenia	7:00 - 8:00 Gentle Yoga Julia L.	7:00 - 8:15 Gentle Yoga & Yoga Nidra (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. Class descriptions available on website.