

Summer Schedule - Effective June 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Gentle Yoga Flow Randy	9:00 - 10:00 Yoga Flow 1-2 New! Basia	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 Dawn-Marie	9:30 - 10:30 Gentle Yoga Cathy	10:30 - 11:30 Fitness Fusion Shelley	9:30 - 10:30 Core & More Fit 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
10:45 - 11:45 Restorative Yoga Dawn-Marie	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 Ksenia
12:00 - 1:00 Chair Yoga Darlene	10:45 - 11:45 Pilates Fusion Cathy	12:00 - 1:00 Hatha Yoga Jen		12:00 - 12:45 Zumba Gold Christine	10:30 - 11:30 New Time! Gentle & Restorative Christina	10:30 - 11:30 Yin Yoga Diane
	12:00 - 1:00 Gentle Yoga Flow Diane	1:00 - 2:00 Balance, Strength & Stretch Yoga (all levels) Darlene	1:00 - 2:15 Gentle Somatic Yoga Glenda	1:00 - 2:00 Yin Yoga Basia		
5:30 - 6:30 Hatha Yoga Su	6:00 - 6:45 Foam Roller Relief & Stretch New! Shelley				<p align="center">Upcoming Workshops & Events*</p> <p align="center">Moon Salutation 101 With Julia Long Monday, June 29 7:30 p.m. to 8:30 p.m.</p> <p align="center">Mat & Motion with Abbie Mondays, July 6 to 27 12:00 p.m. to 1:00 p.m.</p> <p align="center">Tai Chi with Jürgen Wednesdays, July 8 to August 19 6:00 p.m. to 7:00 p.m.</p> <p align="center">Sound Nidra with Julie Monday, July 13 7:30 p.m. to 8:30 p.m.</p>	
6:00 - 7:00 Fitness Fusion Ivana	7:00 - 8:15 Yin & Meditation Brian	6:00 - 7:00 New Time! Yoga Flow 1-2 Julia L.	6:00 - 7:00 Gentle Flow & Yin New! Julia			
7:00 - 8:00 Gentle Flow & Let Go Su	7:15 - 8:15 New Time! Yoga Flow 1-2 Ksenia	7:15 - 8:15 New Time! Gentle Yoga Julia L.	7:15 - 8:30 New Time! Gentle Yoga & Yoga Nidra Julia			

Schedule Subject to Change. *Registration and separate fee may be required.
Class descriptions available on website.