

Fall 2018 Class Schedule

MONDAY

- 7:00 a.m. Gentle Kripalu Yoga ~ Jan Murray, RYT
- 9:00 a.m. *Strength & Conditioning - Level I ~ Jan Murray, ACE Trainer /LPTA
- 10:00 a.m. *Strength & Conditioning - Level II ~Jan Murray, ACE Trainer /LPTA
- 4:30 p.m. *Strength & Conditioning -Level II ~ Jan Murray, ACE Trainer / LPTA
- 6:00 p.m. Yoga & MELT® ~ Jan Murray LPTA / RYT Ends October 6th
- 6:00 p.m. Pilates ~ Jennifer Piper-starts October 15th

TUESDAY

- 7:30 a.m. *Stretch Class ~ Jane Bowler LMT
- 9:00 a.m. Pilates ~ Jennifer Piper
- 10:00 a.m. Qi Gong ~ Patty Gage
- 6:00 p.m. *Strength & Conditioning ~ Jan Murray ACE Trainer /RYT
- 7:00-8:15 p.m. *Adult Ballet Level II ~ Cristobal Marquez,

WEDNESDAY

- 7:00 a.m. Kripalu Yoga ~ Jan Murray RYT
- 9:00 a.m. *Strength & Conditioning - Level I ~ Jan Murray, ACE Trainer / RYT
- 10:00 a.m. *Strength & Conditioning - Level II ~ Jan Murray, ACE Trainer/RYT
- 4:30 p.m. *Strength & Conditioning - Level I ~ Jan Murray ACE Trainer / RYT
- 6:00-7:00 p.m. Yin Yoga ~ Elissa O'Neill RYT

THURSDAY

- 9:00 a.m. Pilates ~Jennifer Piper TBA?
- 10:00 a.m. Qi Gong - Patty Gage
- 5:00 p.m. Dance Energy - Kathy Needleman
- 6:00 p.m. Pilates with Jennifer Piper TBA
- 7:00-8:15 p.m. Adult Ballet Level II ~ Cristobal Marquez

FRIDAY

- 8:30 a.m. Community Yoga Class Michelle Reum RYT
- 10:00 a.m.** Orthopedic Yoga Therapy For Back Pain ~ Michelle Fleming ~ IAYT (6 week program begins November 9th)
- 6:00 p.m. Couples Tango lessons ~ Cristo Marques TBA October (10 week series)

SATURDAY

- 7:30 a.m. *Stretch Class ~ Jane Bowler, LMT
- 8:30 a.m. Outdoor Workouts Webb Park -Jan Murray ACE Trainer

SUNDAY

- 8:30 a.m. Hatha Yoga ~ Joy Kingsbury RYT / OTR
- 10:00 a.m. Meditation Class - Joy Kingsbury (the first Sunday of every month)

Class Dates: October 7th, November 4, December 2

- **(Reserved classes requires pre-registration) (Waiting lists available)**

Open House: Friday, October 12th 4:00 - 8:00 p.m.