

YOGA-PILATES CLASSES • MARCH SCHEDULE

Wellness Studio

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
MORNING			Sunrise Yoga 5:30-6:15 HK	Sunrise Yoga 5:30-6:15 SY			
	Pilates Core Conditioning 9:30-10:30 CM		SilverSneakers I Yoga Stretch 9:30-10:30 AB	YoPi 9:30-10:30 VW	Yoga for Flexibility 9:35-10:35 JK/AB	Vinyasa Yoga 9-10 6 SL, 13SL, 20SL, 27TM	
MID-DAY		Boomers & Beyond Yoga 10:45-11:45 SS	Hardcore Solid Core Conditioning 10:45-11:45 SaP	Boomers & Beyond Yoga 10:45-11:45 VW	Hardcore Solid Core Conditioning 10:45-11:45 SaP		Vinyasa Yoga* 11-Noon 7TM, 14SL, 21TM, 28SL
	Gentle Yoga 11:45-1 SL		Gentle Yoga 11:45-1 SL		Gentle Yoga 11:45-1 SL		
EVENING		Hardcore Solid Core Conditioning 5:15-5:45 SaP		Vinyasa Yoga 5:45-7:45 MK/SY			
	Yoga* 6:45-7:45 SM		Power Yoga 6:45-7:45 TM				

Instructor Key: AB=Angela Boeke, CM=Chris McCusker, DC=Donna Chandler, HK=Holly Kriener, JK=Jay Kambhu, MK=Maura Kenworthy, MR=Melissa Robinson, MW=Megan Wilson, SL=Sherry Lobodiak, SM=Samantha Myers, SS=Stephanie Smith, SY=Shawn Young, SaP=Sarah Post, TD=Tiffany Dallenbach, TM=Traci Meineke, VW=Victoria Watson

Notify the instructor if you are attending for the first time and/or have health concerns.

Instructors, class times, and locations are subject to change.

***The Sunday Vinyasa Yoga class and the Monday evening Yoga class are held downstairs in the Aerobics Studio.**