

YOGA-PILATES CLASSES • JULY SCHEDULE

Wellness Studio

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
MORNING	Sunrise Yoga 5:30-6:15 HK		Sunrise Yoga 5:30-6:15 HK				
	Pilates Core Conditioning 9:30-10:30 CM		Silver Sneakers I Yoga Stretch 9:30-10:30 SS		Yoga for Flexibility 9:35-10:35 SA	Vinyasa Yoga 9:45-10:45 3HK, 10MK, 17TM, 24SL, 31TM	
MID-DAY		Boomers & Beyond Yoga 10:45-11:45 SA	Hardcore Solid Core Conditioning 10:45-11:45 SaP	Boomers & Beyond Yoga 10:45-11:45 SS	Hardcore Solid Core Conditioning 10:45-11:45 SaP		Vinyasa Yoga 11-Noon 11TM, 18HK, 25SL
	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			
	Yoga 6-7 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, LG=LeAnn Gentry, MK=Maura Kenworthy, MR=Melissa Robinson, MW=Megan Wilson, SA= Stacy Asell, 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 have been moved upstairs to the Wellness Studio.

NDAC will be closed Sunday, July 4th.