



VariYoga • Tai Chi

Meditation • Massage

Day	Time	Class	Instructor
Sunday	1:00 - 2:15pm	Hot VariYoga	Various Instructors
	4:00 - 5:15pm	Level 1-3 Deep Stretch Yoga	Marilyn Swartwood
	3:30 - 4:45pm	Level 1-2 Yoga	Bryan Fowler
	5:15 - 6:30pm	Level 2-3 Yoga	Bryan Fowler
Monday	9:00 - 10:15am	Level 1-2 Yoga	Bryan Fowler
	10:30 - 11:45am	Gentle Yoga	Kelli Janawitz
	12:00 - 1:00pm	Power Flow	Nicole Olmstead
	4:00 - 5:00pm	Teen Yoga	Amy Graves
	5:30 - 6:45pm	Level 1-3 Yoga	Bryan Fowler
	7:15 - 8:30pm	Level 1-2 Yoga	Susan Porter
Tuesday	5:30 - 6:30am	Early Morning Yoga	Amy Graves
	9:00 - 10:15am	Level 1-2 Yoga	Andrea Fournet
	10:30 - 11:45am	Gentle Yoga	Linda O'Connell
	5:30 - 6:45pm	Level 2-3 Yoga	Andrea Fournet
	7:15 - 8:30pm	Level 1 - 2 Yoga	Catherine Baker
Wednesday	9:00 - 10:15am	Level 1-2 Yoga	Nicole Olmstead
	10:30 - 11:45am	Gentle Yoga	Judy Harwell
	12:00 - 1:00pm	Power Flow	Nicole Olmstead
	4:00 - 5:00pm	Stress Relief Yoga	Linda O'Connell
	6:00 - 7:15pm	Level 1-3 Yoga	Kristin Loman
	7:15 - 8:30pm	Level 1-2 Yoga	Jessica Minton
	7:30 - 8:30 pm	T'ai Chi Sun Style*	Terry Condren
Thursday	5:30 - 6:30am	Early Morning Yoga	Amy Graves
	9:00 - 10:15am	Level 2-3 Yoga	Andrea F./Suzy M.
	10:30 - 11:45am	Gentle Yoga	Linda O. / Jimmie T.
	5:30 - 6:45pm	Hot VariYoga	Various Instructors
	6:00 - 7:00pm	Pre Natal Yoga	Susan Porter
	7:30 - 8:30pm	Buddhist Meditation	Geoff O. / Josh N.
Friday	9:00 - 10:15am	Level 1-2 Yoga	Charlotte Ray
	10:30 - 11:30am	Power Flow	Nicole Olmstead
	5:30 - 6:30pm	Happy Hour Yoga	Various Instructors
Saturday	9:00 - 10:15am	Level 1-3 Yoga	Jimmye Whitfield
	10:30 - 11:30 am	T'ai Chi For Beginners	Terry Condren

Front Desk Hours Monday-Friday 8:30am-12:30pm, Monday & Wednesday 4:30-7:30pm, Saturday 8:30-10:30am

\$70/5 classes, \$130/10 classes, \$140/Unlimited-30 Days

5 session good for 1 year, 10 session good for 1 year, Unlimited good for 30 days [one per person]

Auto Renew **\$69: Amazing Monthly Unlimited or \$120:10-Class Pass** [good for one year]

*Special Series Priced Separately • Buddhist Meditation open to all at no charge