



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SPIRIT/MIND/BODY WINTER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Power Yoga Faye 6:00-7:00am	Awakening Yoga Joanna 5:30-6:15 am	Power Yoga Crystal 6:00-7:00am	Awakening Yoga Joanna 5:30-6:15 am	Power Yoga Kelly 6:00-7:00am	
Slow Flow Yoga Trina 8:00-8:45am	Slow Flow Yoga Margie 7:30-8:30am		Slow Flow Yoga Margie 7:30-8:30am		
Power Yoga Rachel 9:00-10:00am	Pilates/Yoga Fusion Susie 9:00-10:00am	Power Yoga Dana 9:00-10:00am	Pilates/Yoga Fusion Susie 9:00-10:00am	Power Yoga Kathy 9:00-10:00am	Power Yoga Rachel 9:00-10:00am
Pilates/Yoga Fusion Susie 10:00-11:00am	Gentle Stretch Margie 10:30-11:30am	Pilates/Yoga Fusion Susie 10:00-11:00am	Gentle Stretch Margie 10:30-11:30am	Pilates/Yoga Fusion Susie 10:00-11:00am	
Power Yoga Dana Noon-12:45pm	Power Yoga Lena Noon-1:00pm	Power Yoga Dana Noon-12:45pm	Power Yoga Lena Noon-1:00pm	Power Yoga Lori Noon-12:45pm	
Power Yoga Sandy D 5:30-6:30pm	Tai Chi Easy Margie 2:00-3:00pm		Tai Chi Easy Margie 2:00-3:00pm		
Hatha Yoga Laura 6:30-7:30pm	Teen Yoga Trina 5:00-5:45pm	Power Yoga Jim 5:30-6:30pm	Childrens Yoga Trina 5:00-5:45pm	Power Yoga Jim 5:30-6:45pm	
Slow Flow Yoga Laura 7:45-8:45pm	Power Yoga Faye 6:00-7:00pm	Hatha Yoga Jim 6:30-7:45pm	Power Yoga Crystal 6:00-7:00pm		Sunday Yoga for Cyclists Cathy 10:30-11:00
	Hatha Yoga Noelle 7:15-8:15pm		Hatha Yoga Noelle 7:15-8:15pm		

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