

# MIND & BODY

2/29/11

## Monday

**8:45am**  
**PILATES**  
Christine L.  
(C) 45 min

**11:30am**  
**RESTORATIVE YOGA**  
Pat L.  
(C) 60 min

### PM

**7:00pm**  
**PILATES**  
Julie  
(AB) 45 min

## Tuesday

**10:30am**  
**PILATES**  
Sheryl  
(A) 45 min

### PM

**7:15pm**  
**HATHA YOGA**  
Diane  
(C) 75 min

## Wednesday

**8:00am**  
**HATHA YOGA**  
Nancy  
(C) 75 min

### PM

**12:00pm**  
**CHAIR YOGA**  
Carolyn  
(B) 60 min

**5:30pm**  
**VINYASA FLOW YOGA**  
Melissa (C) 75 min

**7:30pm**  
**PILATES**  
Lori  
(C) 45 min

## Thursday

**8:45am**  
**PILATES**  
Julie  
(AB) 45 min

### PM

**7:00pm**  
**HATHA YOGA**  
Diane  
(C) 75 min

## Friday

**10:30am**  
**PILATES 101**  
Melissa  
(C) 45 min

**11:15am**  
**RESTORATIVE YOGA**  
Melissa  
(C) 60 min

## Saturday

**11:00am**  
**HATHA YOGA (C)**  
Melissa 75 min

## SUNDAY

**9:00am**  
**PILATES**  
Regina  
(C) 45 min

**11:00am**  
**HATHA YOGA**  
Christine L. (C)  
75 min

**Group Exercise Director – Marci Bush**  
**Group Exercise Coordinator – Sandy K.**  
**Group Fitness Consultation** -Sign up for your free consultation w/Sandy (Group Exercise Coordinator). Develop your own personalized class schedule based on your fitness level, goals and availability. Inquire at the front desk.

### **Location**

(A) Studio A  
(B) Studio B  
(AB) Studio AB  
(C) Studio C  
(S) Spinning Room

### **Spinning**

Sign up at the front desk  
10 sessions for \$49.00