

MIND & BODY

2/2/12

Monday

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

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

PM

**7:00pm
PILATES**
Julie
(A) 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

**6:00pm
*HOT YOGA**
Melissa
(C) 90 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

Hot Yoga	Spinning	* First Sunday of the month TRX Pilates
Sign up at the front desk 6 sessions for \$30 Members 6 sessions for \$60 Non-members Member one day \$8 Non-member one day \$15	Sign up at the front desk 10 sessions for \$49 Members 10 sessions for \$69 Non-members	