

MIND & BODY SCHEDULE

Effective July 2010

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BETTER BACK YOGA* Cynthia 12 pm 75 Min Lvl ML	STRETCH* Paulette R. 7 am 60 Min Lvl ML	CORE & MORE- Gayle 8 am 60 Min Lvl ML	FUNDAMENTAL PILATES Paulette R. 6 am 60 Min Lvl 1	YOGA FLOW Suzanne 12 pm 75 Min Lvl ML	TAI CHI Beginners* Susan 11:00 am 60 Min R	HATHA YOGA Dave L 8 am 60 Min Lvl ML
INTERMEDIATE PILATES Ellen 4 pm 60 Min Lvl 2	CORE & MORE Paulette R. 8 am 60 Min Lvl ML	STRETCH & RELAX* Michael 12 pm 30 Min Lvl ML	BALLETONE* Rebecca 10 am 60 Min Lvl ML	HATHA YOGA Shree 4 pm 90 Min Lvl ML	MULTILEVEL PILATES David 11:30 am 60 Min	FUNDAMENTAL PILATES* Dave L 10:30am 60 Min Lvl 1
MULTILEVEL PILATES Dave L. 7:30 pm 60 Min Lvl ML	CORE FIT/STRETCH Deb 11:30 am 60 Min Lvl ML	CORE FIT INTERMEDIATE Deb 12:30 pm R 60 Min Lvl ML	BETTER BACK YOGA* Suzanne 12 pm 75 Min		TAI CHI Intermediate Susan 12:00 pm 60 Min R	FUNDAMENTAL/ BEGINNER PILATES* Ellen 4:30 pm 60 Min
	YOGA PILATES FUSION Suzanne 12:30 pm 60 Min Lvl ML	HATHA YOGA Shree 4 pm 90 Min Lvl ML	CORE FIT INTERMEDIATE Deb 5:30 pm 60 Min Lvl ML		HATHA YOGA Dave L 12:30 pm 60 Min Lvl ML	HATHA YOGA Suzanne 5:30 pm 90 Min Lvl ML
	BE FIT, BE WELL* Suzanne 1:30 pm 60 Min Lvl ML		YOGA FUSION Suzanne 7:30 pm 75 Min Lvl ML			
	YOGA Suzanne 7:30 pm 60 Min Lvl ML					

**Plan Your Summer
 Fitness Program**
 ~See Fitness Dept For Info
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 ~NOTE~
***Seniorcise
 Classes**
 (Senior Friendly)

R = Racquetball Area