



MIND/BODY SCHEDULE . . . September 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Forrest Yoga Renee N.	6:00-7:00am Pilates Mat Jodilyn	6:00-7:00am Forrest Yoga Renee N.	6:00-7:00am Ballet Physique* Yvette	6:00-7:00am Sunrise Yoga I-III Rebecca		
8:35-9:35am Pilates Mat Jodilyn	7:30-8:30am Yoga Basics Mark YAH	7:15-8:15am Tai Chi Eric YAH		7:15-8:15am Tai Chi Eric YAH		
9:45-10:45am <i>Beginner</i> Vinyasa Yoga I-II Ashley	8:45-9:45am NIA Dana	8:35-9:35am Pilates Mat Sarah	***NEW*** 8:30-9:30am Ballet Physique* Kristen	8:35-9:35am Pilates Mat Monica	8:30-9:45am Vinyasa Yoga II-III Karen/Renee W.	
11:00-12:00pm Cardio Sculpt Julie B. YAH	9:55-10:55am Ballet Physique* Kristen	9:45-10:45am Vinyasa Yoga II-III Karen	***NEW*** 9:45-10:45am Ballet Physique* Kristen	9:45-10:45am Vinyasa Yoga I-III Mark	10:00-11:00am NIA Cheryl	10:45-11:45am Pilates Mat Kim M
12:15-1:15pm Lunchtime Power Hour II-III Anne	11:05-12:05pm Hi/Lo Impact I Adrienne YAH	11:00-12:00pm Stretch Therapy I-II Ruthie YAH	11:00-12:00pm Pilates Ball Adrienne YAH	11:00-12:00pm Yoga Mama's Clara	11:15-12:15pm Ballet Physique* Mimi	12:00-1:00pm Vinyasa I-III Ashley
1:40-2:40pm Stretch & Strengthen Renee N. YAH	***NEW*** 12:15-1:15pm Ballet Physique* Kim M.	12:15-1:15 pm Yoga Flow I-II Ashley	12:15-1:30pm Lunchtime Power Hour II-III Anne	***NEW*** 12:15-1:15pm Ballet Physique* Kimberly		1:15-2:15pm Ballet Physique* Jodilyn
4:00-5:00pm Hatha Yoga I-II Brenna	4:00-5:00pm Vinyasa Yoga II-III Lili	4:15-5:15pm Yoga Basics Mark YAH	4:00-5:00pm Hatha Yoga I-III Derik	***NEW*** 1:30-2:45pm Alignment Based Yoga Teena YAH	4:00-5:15pm Vinyasa I-II Mark	4:00-5:15pm Vinyasa Yoga I-III Lili
5:30-6:30pm Ballet Physique* Molly	5:35-6:35pm Pilates Mat Molly K.	5:30-6:30pm Vinyasa I-III Buffy	5:35-6:35pm Pilates Mat Candice	4:00-5:15pm Vinyasa Yoga I-II Jillian/Courtney	*Participants must sign up for all ballet physique due to limited space and equipment. Sign up begins 30 minutes prior to class.	
NEW 6:45-7:45pm Vinyasa Yoga I-III Jillian		6:35-7:35pm NIA Dana	***NEW*** 6:45-7:45pm Ballet Physique* Elizabeth			