

EFFECTIVE  
Feb. 2012

# YOGA & FITNESS SCHEDULE

MONDAY

5:30-6:30	TBC - <i>Step/Core Fusion</i>	Holly
8:45-9:45	TBC - <i>Strength Training</i>	Traci
10:00-11:15	YOGA	Cheryl
4:30-5:45	YOGA	Teri
5:00-6:00	TBC - <i>Core Cardio Interval</i>	Brad
6:15-7:15	YOGALATES	Kathleen
6:30-8:00	KRIYA YOGA MEDITATION - <i>Love Offering</i>	Kathy Spear

TUESDAY

5:30-6:30	TBC - <i>Strength Training</i>	Pam
7:30-8:45	YOGA	Tobey
8:45-9:45	BARRE STRENGTH	Carol
4:30-5:45	YOGA	Cheryl
5:00-6:00	TBC - <i>Strength Training</i>	Carol
6:00-7:00	ADVANCED YOGA	Carin

WEDNESDAY

5:30-6:30	TBC - <i>Core Cardio Interval</i>	Brad (subs until 03/07)
8:45-9:45	TBC - <i>Step</i>	Juli
10:00-11:15	YOGA	Karen
4:30-5:45	YOGA	Julia
5:15-6:15	YOGA - <i>at the Roshek Building</i>	Libby
6:00-7:00	YOGA HEAT	Carin
6:45-8:30	MEDITATION - <i>Free Class</i>	Linda & Doug

THURSDAY

5:30-6:30	BARRE STRENGTH	Pam
7:30-8:45	YOGA	Tobey
8:45-9:45	TBC - <i>Cardio Mix</i>	Carol
4:30-5:45	YOGA	Michelle W
5:00-6:00	TBC - <i>Step/Strength</i>	Holly
6:15-7:30	YOGA HEAT	Traci

FRIDAY

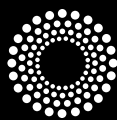
5:30-6:30	TBC - <i>Cardio/Strength Mix</i>	Juli
8:45-9:45	TBC - <i>Strength Training</i>	Traci
10:00-11:00	RESTORATIVE YOGA	Karen
5:00-6:00	TGIF YOGALATES	Michele C

SATURDAY

7:00-8:15	YOGA	Michelle W
8:00-9:15	YOGA	Julia
8:30-9:30	TBC - <i>Zumba</i>	Carol
9:30-10:30	TBC - <i>Strength Training</i>	Tobey (or sub)

SUNDAY

9:00-10:15	YOGA	Michele/Teri/Tobey
10:30-11:30	TBC - <i>Circuit</i>	Krissy



Body & Soul

FEES: \$60 UNLIMITED CLASSES  
\$100 - 10 Class Punchcard  
\$12.50 - Drop-In

*1st class is free for area residents.*