

Feb-12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	YOGALATES (Kay)				YOGALATES (Kay)	
8:00 AM	POWER HOUR (Krissy)		POWER HOUR (Krissy)		POWER HOUR (Krissy)	
8:30 AM		EQUESTRIAN YOGA (Chere) Series 2/21-3/28				
8:45 AM	PILATES (JEFF)		PILATES (JEFF)		PILATES (JEFF) "KARMA" Yoga (free class w/ a donation to the	
10:00 AM		GentleStretch/Restorative(Tania)	Gentle Stretch/Restorative(Chere)	Gentle Stretch/Restorative(Shelley)		YOGA STRETCH (Kay/Liz)
11:00 AM	QIGONG SERIES (STONY)	QiGong/Tai Chi (Tania)				
11:15 AM		Platinum Yoga – With Chair (Kim))	Platinum Plus – With Chair (Kim)	MeditativeYoga(TANIA)	
12:30 PM	BASIC VINYASAFLOW (Shelley)					
5:30 PM		YOGA STRETCH (Elena)	PILATES (DEANNA)	YOGA STRETCH (Elena)		
6:00 PM	YOGA 1 (Kay)					
6:30 PM		CHIOGALATES (ELENA)	YOGA 1 (Kay)	CHIOGALATES (ELENA)		
7:00 PM	GUIDED MEDITATION					



Please bring your own mat and towel with you.