

Mind-Body Studio June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Please note our Tai Chi classes on June 7, 9,12,14,and 16 are canceled for instructor training. We will resume our normal schedule on June 19th.</p>		<p>*Note special class on June 7th. The Yin class will be from 6-6:55pm and followed with a Yoga Nidra class from 7-7:45pm. This class is on June 7th only.</p>	<p>1 8:30 Beginner Yoga 1 <u>Tarenne</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Sarabeth</u></p>	<p>2 8:30 Pilates <u>Sheree</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Tarenne</u></p>	<p>3 9:00 Beginner Yoga 1 <u>Ginger</u> 10:00 Flow Yoga Basics <u>Ginger</u> 11:15-12 PACE <u>Carol</u></p>
<p>4 4:00 Flow Yoga Basics <u>Ginger</u></p>	<p>5 5:45 EarlyBird Yoga <u>Mason</u> 8:30 FlowYoga Basics <u>Ginger</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Ginger</u> 5:30 Pilates <u>Sheree</u></p>	<p>6 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Sarabeth</u></p>	<p>7 5:45 YFM Yoga <u>Mason</u> 8:00 YFM Yoga <u>Mason</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Yang Tai Chi <u>No class</u> 6:00 Yin Yoga <u>Jolynne</u> 7:00 Yoga Nidra <u>Jolynn</u></p>	<p>8 8:30 Beginner Yoga 2 <u>Nancy</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Sheree</u></p>	<p>9 8:30 Pilates <u>Sheree</u> 9:45 Yang Tai Chi <u>No Class</u> 10:15 Tai Chi (A) <u>No Class</u> 11:15 Chair Yoga <u>Tarenne</u></p>	<p>10 9:00 Beginner Yoga 2 <u>Mason</u> 10:00 Flow Yoga Basics <u>Mason</u> 11:15-12 PACE <u>Sheree</u></p>
<p>11 4:00 Flow Yoga Basics <u>Billie</u></p>	<p>12 5:45 EarlyBird Yoga <u>Lisa</u> 8:30 "Wall Yoga" <u>Sarabeth</u> 9:45 Yang Tai Chi <u>No Class</u> 10:15 Tai Chi (A) <u>No Class</u> 11:15 Chair Yoga <u>Ginger</u> 5:30 Pilates <u>Sheree</u></p>	<p>13 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Sheree</u></p>	<p>14 5:45 YFM Yoga <u>Mason</u> 8:00 YFM Yoga <u>Mason</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Yang Tai Chi <u>No Class</u> 6:15 Tai Chi (I) <u>No Class</u> 7:15 Yin Yoga <u>Jolynne</u></p>	<p>15 8:30 Beginner Yoga 3 <u>Tarenne</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Marsha</u></p>	<p>16 8:30 Pilates <u>Sheree</u> 9:45 Yang Tai Chi <u>No Class</u> 10:15 Tai Chi (A) <u>No Class</u> 11:15 Chair Yoga <u>Tarenne</u></p>	<p>17 9:00 Beginner Yoga 3 <u>Sarabeth</u> 10:00 Flow Yoga Basics <u>Sarabeth</u> 11:15-12 PACE <u>Peggy</u></p>
<p>18 4:00 Flow Yoga Basics <u>Mason</u></p>	<p>19 5:45 EarlyBird Yoga <u>Nancy</u> 8:30 Flow Yoga Basics <u>Tarenne</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sheree</u> 5:30 Pilates <u>Lisa</u></p>	<p>20 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Tarenne</u></p>	<p>21 5:45 YFM Yoga <u>Mason</u> 8:00 YFM Yoga <u>Mason</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Yang Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u> 7:15 Yin Yoga <u>Jolynne</u></p>	<p>22 8:30 Beginner Yoga 4 <u>Nancy</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Sarabeth</u></p>	<p>23 8:30 Pilates <u>Sheree</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Tarenne</u></p>	<p>24 9:00 Beginner Yoga 4 <u>Billie</u> 10:00 Flow Yoga Basics <u>Nancy</u> 11:15-12 PACE <u>Billie</u></p>
<p>25 4:00 Flow Yoga Basics <u>Melissa A.</u></p>	<p>26 5:45 EarlyBird Yoga <u>Mason</u> 8:30 Flow Yoga Basics <u>Nancy</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sheree</u> 5:30 Pilates <u>Sheree</u></p>	<p>27 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Sarabeth</u></p>	<p>28 5:45 YFM Yoga <u>Mason</u> 8:00 YFM Yoga <u>Mason</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Yang Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u> 7:15 Yin Yoga <u>Jolynne</u></p>	<p>29 8:30 Beginner Yoga5 <u>Tarenne</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Sheree</u></p>	<p>30 8:30 Pilates <u>Sheree</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Tarenne</u></p>	