


Mind-Body Studio December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Our Beginner series will see some changes in the new year. Be on the lookout for more info to follow!	1 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>	2 9:00 Beginner Yoga 1 <u>Jolynne</u> 10:00 Flow Yoga Basics <u>Jolynne</u> 11:15-12 PACE <u>Sheree</u>
3 4:00 Flow Yoga Basics <u>Billie</u>	4 5:45 EarlyBird Yoga <u>Ginger</u> 8:30 Flow Yoga Basics <u>Ginger</u> 9:45 Yang Tai Chi <u>Wen</u> 10:15 Tai Chi (A) <u>Wen</u> 11:15 Chair Yoga <u>Sarabeth</u> 5:30 Pilates <u>Sheree</u>	5 8:30 Vinyasa Yoga <u>Marsha</u> 9:35 Interm Yoga <u>Marsha</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Sarabeth</u>	6 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 8:30 Beginner Yoga 1 <u>Nancy</u> 9:30 Vinyasa Yoga <u>Sheree</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Marsha</u>	8 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>	9 9:00 Beginner Yoga 1 <u>Mason</u> 10:00 Flow Yoga Basics <u>Mason</u> 11:15-12 PACE <u>Peggy</u>
10 4:00 Flow Yoga Basics <u>Mason</u>	11 5:45 EarlyBird Yoga <u>Mason</u> 8:30* Wall Yoga* <u>Sarabeth</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Linda</u> 5:30 Pilates <u>Sheree</u>	12 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>	13 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>	14 8:30 Beginner Yoga 2 <u>Ginger</u> 9:30 Vinyasa Yoga <u>Sheree</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Tarenne</u>	15 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>	16 9:00 Beginner Yoga 2 <u>Ginger</u> 10:00 Flow Yoga Basics <u>Ginger</u> 11:15-12 PACE <u>Carol</u>
17 4:00 Flow Yoga Basics <u>Ginger</u>	18 5:45 EarlyBird Yoga <u>Ginger</u> 8:30 Flow Yoga 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>Linda</u> 5:30 Pilates <u>Lisa</u>	19 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>	20 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>	21 8:30 Beginner Yoga 3 <u>Mason</u> 9:30 Vinyasa Yoga <u>Sheree</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Sarabeth</u>	22 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>	23 9:00 Beginner Yoga 3 <u>Nancy</u> 10:00 Flow Yoga Basics <u>Nancy</u> 11:15-12 PACE <u>Billie</u>
24 The Y is closed today for Christmas Eve. 31 4:00 Flow Yoga Basics <u>Billie</u>	25 Merry Christmas! Our Y is closed today. 	26 There are no group fitness classes today.	27 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>	28 8:30 Beginner Yoga 4 <u>Wendy</u> 9:30 Vinyasa Yoga <u>Sheree</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Tarenne</u>	29 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>	30 9:00 Beginner Yoga 4 <u>Sheree</u> 10:00 Flow Yoga Basics <u>Sheree</u> 11:15-12 PACE <u>Billie</u>