


Mind-Body Studio April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy Easter! The Y is closed today! 	2 5:45 EarlyBird Yoga <u>Ginger</u> 8:30 Gentle Flow <u>Ginger</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sarabeth</u> 5:30 Pilates <u>Sheree</u>	3 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>	4 8:00 YFM Yoga <u>SBJ</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>	5 8:30 Gentle Flow <u>Nancy</u> 9:30 Vinyasa Yoga <u>Sheree</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Sarabeth</u>	6 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>	7 9:00 Gentle Flow <u>Billie</u> 10:00 Vinyasa Yoga <u>Sarabeth</u> 11:15-12 PACE <u>Sheree</u>
8 4:00 Gentle Flow <u>Nancy</u>	9 5:45 EarlyBird Yoga <u>Lisa</u> 8:30 Gentle Flow <u>Nancy</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sarabeth</u> 5:30 Pilates <u>Sheree</u>	10 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>	11 8:00 YFM Yoga <u>SBJ</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>	12 8:30 Gentle Flow <u>Tarenne</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Marsha</u>	13 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>	14 9:00 Gentle Flow <u>Billie</u> 10:00 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Billie</u>
15 4:00 Gentle Flow <u>Billie</u>	16 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>Sarabeth</u> 5:30 Pilates <u>Sheree</u>	17 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>	18 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>	19 8:30 Gentle Flow <u>Mason</u> 9:30 Vinyasa Yoga <u>Mason</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Tarenne</u>	20 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>	21 9:00 Gentle Flow <u>Ginger</u> 10:00 Vinyasa Yoga <u>Ginger</u> 11:15-12 PACE <u>Mason</u>
22 2:30 Beginner Tai Chi ** <u>Linda</u> 4:00 Gentle Flow <u>Tarenne</u>	23 5:45 EarlyBird Yoga <u>Nancy</u> 8:30 Gentle Flow <u>Ginger</u> 9:45 Yang Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Sarabeth</u> 5:30 Pilates <u>Sheree</u>	24 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>	25 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>	26 8:30 Gentle Flow <u>Ginger</u> 9:30 Vinyasa Yoga <u>Ginger</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Sarabeth</u>	27 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>	28 9:00 Gentle Flow <u>Nancy</u> 10:00 Vinyasa Yoga <u>Mason</u> 11:15-12 PACE <u>Mason</u>
29 2:30 Beginner Tai Chi ** <u>Linda</u> 4:00 Gentle Flow <u>Sheree</u>	30 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>Sarabeth</u> 5:30 Pilates <u>Melissa A.</u>	**We are adding a Beginner Tai Chi class on Sundays from 2:30-3:30pm and running for 6 weeks for those new to Tai Chi. Come give it a try!				