


Mind-Body Studio May 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|---|
| *Our Beginner Tai Chi class continues until May 27 th . | *Our Yoga Fundamentals class returns this month and runs for 6 weeks. Come check it out on Saturdays at 10am* | 1 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>Tarenne</u> | 2 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> | 3 8:30 Gentle Flow <u>Nancy</u> 9:30 Vinyasa Yoga <u>Sheree</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Sarabeth</u> | 4 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> | 5 9:00 Gentle Flow <u>Mason</u> 10:00 Vinyasa Yoga <u>Sarabeth</u> 11:15-12 PACE <u>Sheree</u> |
| 6 2:30 Beginner Tai Chi** <u>Linda</u> 4:00 Gentle Flow <u>Ginger</u> | 7 5:45 EarlyBird Yoga <u>Mason</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> | 8 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> | 9 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> | 10 8:30 Gentle Flow <u>Mason</u> 9:30 Vinyasa Yoga <u>Mason</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Sarabeth</u> | 11 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> | 12 9:00 Gentle Flow <u>Billie</u> 10:00 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Peggy</u> |
| 13 2:30 Beginner Tai Chi** <u>Linda</u> 4:00 Gentle Flow <u>Billie</u> | 14 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> | 15 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> | 16 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> | 17 8:30 Gentle Flow <u>Ginger</u> 9:30 Vinyasa Yoga <u>Ginger</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Tarenne</u> | 18 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> | 19 9:00 Gentle Flow <u>Nancy</u> 10:00 *Yoga Fundamentals <u>Mason</u> 11:15-12 PACE <u>Mason</u> |
| 20 2:30 Beginner Tai Chi ** <u>Linda</u> 4:00 Gentle Flow <u>Mason</u> | 21 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> | 22 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> | 23 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> | 24 8:30 Gentle Flow <u>Nancy</u> 9:30 Vinyasa Yoga <u>Mason</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Marsha</u> | 25 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> | 26 9:00 Gentle Flow <u>Ginger</u> 10:00 *Yoga Fundamentals <u>Ginger</u> 11:15-12 PACE <u>Billie</u> |
| 27 2:30 Beginner Tai Chi ** <u>Linda</u> 4:00 Gentle Flow <u>Nancy</u> | 28 Happy Memorial Day! The Y is closed today.  | 29 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> | 30 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> | 31 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>Tarenne</u> | | |