

Mind-Body Studio June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please Note Instructors are subject to change.				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>Linda</u>	2 9:00 Gentle Flow <u>Ginger</u> 10:00 *Yoga Fundamentals <u>Ginger</u> 11:15-12 PACE <u>Peggy</u>
3 4:00 Gentle Flow <u>Ginger</u>	4 5:45 EarlyBird Yoga <u>Ginger</u> 8:30 Gentle Flow <u>Ginger</u> 9:45 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>	5 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>	6 8:00 YFM Yoga <u>Ginger</u> 9:00 Adaptive Yoga <u>Marsha</u> 10:00 Adaptive Yoga <u>Marsha</u> 11:15 Chair Yoga <u>Marsha</u> 5:30 Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u>	7 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>	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 Gentle Flow <u>Marsha</u> 10:00 *Yoga Fundamentals <u>Marsha</u> 11:15-12 PACE <u>TBD</u>
10 4:00 Gentle Flow <u>Tarenne</u>	11 5:45 EarlyBird Yoga <u>Lisa</u> 8:30 *Wall Yoga* <u>Sarabeth</u> 9:45 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>	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>Sarabeth</u>	13 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 Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u>	14 8:30 Gentle Flow <u>Tarenne</u> 9:30 Vinyasa Yoga <u>Tarenne</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 Gentle Flow <u>Sheree</u> 10:00 *Yoga Fundamentals <u>Sheree</u> 11:15-12 PACE <u>Sheree</u>
17 4:00 Gentle Flow <u>Nancy</u>	18 5:45 EarlyBird Yoga <u>Nancy</u> 8:30 Gentle Flow <u>Nancy</u> 9:45 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>	19 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>	20 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 Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u>	21 8:30 Gentle Flow <u>Nancy</u> 9:30 Vinyasa Yoga <u>Nancy</u> 11:15-12 PACE <u>Billie</u> 5:30 Vinyasa Yoga <u>Marsha</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 Gentle Flow <u>Billie</u> 10:00 *Yoga Fundamentals <u>Sarabeth</u> 11:15-12 PACE <u>Billie</u>
24 4:00 Gentle Flow <u>Billie</u>	25 5:45 EarlyBird Yoga <u>Nancy</u> 8:30 Gentle Flow <u>Nancy</u> 9:45 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>	26 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>	27 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 Tai Chi <u>Linda</u> 6:15 Tai Chi (I) <u>Linda</u>	28 8:30 Gentle Flow <u>Tarenne</u> 9:30 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Carol</u> 5:30 Vinyasa Yoga <u>Sarabeth</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 Gentle Flow <u>Tarenne</u> 10:00 Vinyasa Yoga <u>Tarenne</u> 11:15-12 PACE <u>Carol</u>