

# Mind-Body Studio September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 4:00 Gentle Flow <u>Billie</u>	<b>2</b> Labor Day-the Y is closed.  	<b>3</b> 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>	<b>4</b> 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>	<b>5</b> 8:30 Gentle Flow <u>Billie</u> 9:30 Vinyasa Yoga <u>Marsha</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Liz</u>	<b>6</b> 8:30 Pilates <u>Sheree</u> 9:45 Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Linda</u>	<b>7</b> 9:00 Gentle Flow <u>Billie</u> 10:00 Vinyasa Yoga <u>Liz</u> 11:15-12 PACE <u>Billie</u>
<b>8</b> 4:00 Gentle Flow <u>Billie</u>	<b>9</b> 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>Linda</u> 5:30 Pilates <u>Lisa</u>	<b>10</b> 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>	<b>11</b> 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>	<b>12</b> 8:30 Gentle Flow <u>Sarabeth</u> 9:30 Vinyasa Yoga <u>Sarabeth</u> 11:15-12 PACE <u>Joyce</u> 5:30 Vinyasa Yoga <u>Liz</u>	<b>13</b> 8:30 Pilates <u>Sheree</u> 9:45 Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Linda</u>	<b>14</b> 9:00 Gentle Flow <u>Sarabeth</u> 10:00 Vinyasa Yoga <u>Sarabeth</u> 11:15-12 PACE <u>Sheree</u>
<b>15</b> 4:00 Gentle Flow <u>Sheree</u>	<b>16</b> 5:45 EarlyBird Yoga <u>Lisa</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>Ginger</u> 5:30 Pilates <u>Lisa</u>	<b>17</b> 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>	<b>18</b> 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>	<b>19</b> 8:30 Gentle Flow <u>Nancy</u> 9:30 Vinyasa Yoga <u>Nancy</u> 11:15-12 PACE <u>Peggy</u> 5:30 Vinyasa Yoga <u>Liz</u>	<b>20</b> 8:30 Pilates <u>Sheree</u> 9:45 Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Linda</u>	<b>21</b> 9:00 Gentle Flow <u>Ginger</u> 10:00 Vinyasa Yoga <u>Ginger</u> 11:15-12 PACE <u>Billie</u>
<b>22</b> 4:00 Gentle Flow <u>Ginger</u>	<b>23</b> 5:45 EarlyBird Yoga <u>Ginger</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>Linda</u> 5:30 Pilates <u>Lisa</u>	<b>24</b> 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>	<b>25</b> 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>	<b>26</b> 8:30 Gentle Flow <u>Nancy</u> 9:30 Vinyasa Yoga <u>Nancy</u> 11:15-12 PACE <u>Joyce</u> 5:30 Vinyasa Yoga <u>Liz</u>	<b>27</b> 8:30 Pilates <u>Sheree</u> 9:45 Tai Chi <u>Linda</u> 10:15 Tai Chi (A) <u>Linda</u> 11:15 Chair Yoga <u>Linda</u>	<b>28</b> 9:00 Gentle Flow <u>Nancy</u> 10:00 Vinyasa Yoga <u>Nancy</u> 11:15-12 PACE <u>Joyce</u>
<b>29</b> 4:00 Gentle Flow <u>Nancy</u>	<b>30</b> 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>Ginger</u> 5:30 Pilates <u>Lisa</u>					

