

MIND/BODY Group Exercise Classes

MONDAY

10:30-11:25am **CHAIR YOGA**
[M/B] Jeannie

6:30-7:25pm **YOGA LEVEL 1-2**
[M/B] Mary

TUESDAY

8:30-9:25am **YOGA 1-2**
[M/B] Molly

5:00-5:55pm **MAT PILATES**
[M/B] Sheryl

WEDNESDAY

8:15-9:10am **MAT PILATES**
[M/B] Gail

10:45-11:40am **GENTLE YOGA**
[M/B] Carrie

6:30-7:25pm **YOGA LEVEL 1-2**
[M/B] Amy (Rotation A)
Mary (Rotation B)

THURSDAY

7:30-8:25am **YOGA LEVEL 1-2**
[M/B] Beth P.

FRIDAY

9:30-10:25am **YOGALATES**
[M/B] Sheryl

10:45-11:40pm **GENTLE YOGA**
[M/B] Carrie

SATURDAY

10:00-10:55am **YOGA LEVEL 1-2**
[M/B] Joan V

SUNDAY

8:30-9:25am **YOGA LEVEL 1-2**
[M/B] Kirsten (Rotation A)
Carrie (Rotation B)

LOCATION KEY

- [1] STUDIO 1
- [2] STUDIO 2
- [3] STUDIO 3
- [M/B] MIND & BODY STUDIO