

# STUDIO 4

## Group Fitness Classes



### MONDAY

8:30-9:25am [4]	<b>YOGA 1-2</b> Heather
9:30-10:25am [4]	<b>YOGALATTES</b> Beth
10:45-11:40am	<b>CHAIR YOGA</b> Jessica
6:30-7:25pm [4]	<b>YOGA LEVEL 1-2</b> Mary

### TUESDAY

7:30-8:15am [4]	<b>CORE CONNECTION</b> Corie
8:30-9:25am [4]	<b>YOGA LEVEL 1-2</b> Corie
10:00-11:00am [4]	<b>Hatha Yoga</b> <small>NEW CLASS</small> Tony
6:30-7:30pm [4]	<b>YOGA LEVEL 1-2</b> Camille <small>Starts 2/13</small>

### WEDNESDAY

8:00-8:55am [4]	<b>MAT PILATES</b> Gail
10:30-11:25am [4]	<b>GENTLE YOGA</b> Carrie
6:30-7:25pm [4]	<b>YOGA LEVEL 1-2</b> Amy (A)/Mary (B)

### THURSDAY

7:30-8:25am [4]	<b>YOGA LEVEL 1-2</b> Beth P
10:00-10:55am	<b>PRE/POSTNATAL YOGA</b> Danielle

### FRIDAY

9:30-10:25am [4]	<b>YOGALATTES</b> Katie
10:45-11:40am [3]	<b>CHAIR YOGA</b> Heather
10:45-11:40am [4]	<b>GENTLE YOGA</b> Carrie

### SATURDAY

10:00-10:55am [4]	<b>YOGA LEVEL 1-2</b> Joan V
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### SUNDAY

8:15-9:10am [1]	<b>YOGA LEVEL 1-2</b> Carrie
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### LOCATION KEY

[1]	STUDIO 1
[2]	STUDIO 2
[3]	STUDIO 3
[4]	STUDIO 4