

CLASS SCHEDULE
Effective March 2010

Monday

9:00-10:00 am Intuitive Vinyasa with Krista Lidiak
11:00-11:45 am Yoga with Littler Center (Shirley Smithson)
12:00-12:45 pm Yoga Flow with Shirley Smithson
4:15-5:15 pm Zumba with Lori (\$6/class)- Starts March 8th
5:30-6:45 pm Viniyoga with Cathy Insley (Yoga just for you)
7:00-7:30pm Boot Camp with Jeff Weinmeister (private class)

Tuesday

6:30-7:45 am Viniyoga with Cathy Insley (Yoga just for you)
9:00-10:15 am Yoga for Low Back, Hips and Legs with Cathy Insley
10:30-11:30am Zumba with Lori (\$6/class)
12:00-1:00 pm Intuitive Vinyasa with Krista Lidiak (focus on splits)
4:00-5:00 pm Nia with Jan Brummond (\$6/class)
5:30-6:30 pm Iron Yoga with Krista Lidiak

Wednesday

9:00-10:00 am Yoga with Krista Lidiak
12:00-12:45 pm Yoga Core with Krista Lidiak
4:15-5:15pm Yoga Flow with Shirley Smithson
5:30-6:30 pm FREE RESTORATIVE YOGA FOR THE COMMUNITY! With Leslie Gearheart/Mary Lucas- Please note that this class will at times be heated.
7:00-7:30pm Boot Camp with Jeff Weinmeister (private class)

Thursday

9:00-10:15 am Yoga for Upper Back, Neck and Shoulders with Cathy Insley
4:00-5:15 pm Heart Centered Yoga with Jeff Batt
5:30-6:30 pm Iron Yoga with Krista Lidiak

Friday

9:30-10:30am Zumba with Lori (\$6/class)
12:00-12:45 pm Yoga Core with Krista Lidiak
4:15-5:15 pm Kid's Yoga with Shirley Smithson
5:30-6:45 pm Viniyoga with Cathy Insley (Yoga just for you)

Saturday

8:00-9:00am Nia with Jan Brummond (\$6/class)
9:30-10:30am Zumba with Lori (\$6/class)
10:45-11:45am Iron Core with Krista Lidiak
12:00-1:00 pm Heated Vinyasa with Kayleen Patrick

Sunday

4:00-5:15 pm Viniyoga with Cathy Insley (Yoga just for you)
6:00-7:00 pm Moon Salutations by Candlelight with Kayleen Patrick

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