



YOGA and Fitness Schedule

Effective August 2011

12 Person Max | All Classes \$10

Class Cards will no longer be accepted after August 31, 2011 and will be discontinued. Cards purchased between June 1 - July 31 will maintain discounted value until September 1, 2011.

Monday

5:30pm-6:30pm > Zumba!
6:45pm-7:45pm > Mind & Body Pilates

Tuesday

5:30pm-6:30pm > Hot Power Yoga

Wednesday

8:30am-9:30am > Zumba (P&R 7/6-8/10)
5:30pm-6:30pm > Gently Heated Yoga
6:40pm-7:40pm > Zumba!

Thursday

8:30am-9:30am > PiYo
5:30pm-6:30pm > Yoga For All Bodies
6:40pm-8:00pm > PiYo

Friday

Currently No Classes

Saturday

Currently No Classes

Sunday

9:15am-10:15am > Active Yoga