



WINTER 2019

Begins January 2nd

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|--|--|--|
| | | | | | 8:15 – 9:30 AM Vinyasa Flow MARTHA | |
| 9:00 – 10:15 AM Vinyasa Flow MARTHA | 9:30 – 10:45 AM Yoga Prehab MARLA | 9:00 – 10:15 AM Vinyasa Flow MARTHA | 9:30 – 10:45 AM Hatha *NANCY / BARB | | 10:00 – 11:15 AM Gentle Hatha MARTHA | 9:00 – 10:15 AM Yin Yoga SUE |
| 10:30 – 11:45AM Restore & Align MICHAEL | | 10:30– 11:45 AM Yoga on the Ball MICHAEL | | 10:30 – 11:45AM Restore & Align MICHAEL | 11:30 AM – 12:45 Qigong MICHAEL | 10:30 – 11:45 AM Hatha Flow VAL |
| 12:00 – 1:00 PM Hatha Flow LAUREN | 12:00 – 1:00 PM Yin Yoga MARLA | 12:00 – 1:00 PM Body Rolling MICHAEL | 12:00 – 1:00 PM Gentle Hatha *NANCY / BARB | 12:00 – 1:00 PM TGIF VAL | 1:00 – 2:15PM Restore & Align MICHAEL | |
| 5:45 – 7:00 PM Hatha Flow TRISH | 5:45 – 7:00 PM Hatha VAL | 5:45 – 7:00 PM Gentle Hatha MARLA | 5:45 – 7:00 PM Yin & Meditation MARLA | | | |
| 7:15 – 8:30 PM Restore & Align MICHAEL | 7:15 – 8:30 PM Restorative Yoga LINDA | 7:15 – 8:30 PM Yin Yoga MARLA | 7:15 – 8:30 PM Yoga at the Wall MICHAEL | | | |

**Nancy will teach for January and Barb thereafter*

***Schedule may be altered for holiday weekends*

****View real time changes, notifications, cancellations or substitute teachers on the website or the EMY app*