



**Sunday**

1:00 - 2:15pm  
 3:30 - 4:45pm  
 4:00 - 5:15pm  
 5:15 - 6:30pm

**HOT Yoga**  
**Level 1-2 Yoga**  
**Level 1-3 Deep Stretch Yoga**  
**Level 2-3 Yoga**

Various Instructors  
 Stephanie D.  
 Marilyn Swartwood  
 Andrea Fournet

**Monday**

9:00 - 10:15am  
 10:30 - 11:45am  
 12:00 - 1:00pm  
 6:00 - 7:15pm

**Level 1-2 Yoga**  
**Gentle Yoga**  
**Flow Yoga (all levels)**  
**Level 1-3 Yoga**

Nee Karas  
 Jimmie Thomas  
 Nicole Olmstead  
 Kristin Loman

**Tuesday**

5:45 - 6:45am  
 9:00 - 10:15am  
 10:30 - 11:45am  
 1:30 - 2:30pm  
 6:00 - 7:15pm  
 6:30 - 7:45pm

**Early Morning Power Hour Flow**  
**Level 1-2 Yoga**  
**Gentle Yoga**  
**Sun T'ai Chi**  
**Level 2-3 Yoga**  
**Level 1 - 2 Yoga**

Lynnlee Hutchison  
 Andrea Fournet  
 Linda O'Connell  
 Ed Hogan  
 Andrea Fournet  
 Lindsay Hutton

**Wednesday**

9:00 - 10:15am  
 10:30 - 11:45am  
 12:00 - 1:00pm  
 6:00 - 7:15pm

**Level 1-2 Yoga**  
**Gentle Yoga**  
**Flow Yoga (all levels)**  
**Level 1-3 Yoga**

Nicole Olmstead  
 Susan Porter  
 Nicole Olmstead  
 Kristin Loman

**Thursday**

5:45—6:45am  
 9:00 - 10:15am  
 10:30 - 11:45am  
 5:45 - 7:00pm  
 6:00 - 7:15pm  
 7:30 - 8:30pm

**Early Morning Power Hour Flow**  
**Level 2-3 Yoga**  
**Gentle Yoga**  
**Level 1-2 Yoga**  
**Flow Yoga (all levels)**  
**Buddhist Meditation**

Lynnlee Hutchison  
 Andrea F./Suzy M.  
 Linda O. / Marilyn S.  
 Susan Porter  
 Various Instructors  
 Geoff O. / Josh N.

**Friday**

9:00 - 10:15am  
 12:00 - 1:00pm  
 6:00—7:00pm

**Level 1-2 Yoga**  
**Flow Yoga (all levels)**  
**Healthy Happy Hour Yoga**

Charlotte Ray  
 Nee Karas  
 Various Instructors

**Saturday**

9:00 - 10:15am  
 10:30 - 11:45 am  
 12:00 - 1:00 pm

**Level 1-2 Yoga**  
**Feldenkrais**  
**T'ai Chi For Beginners**

Various Instructors  
 Teresa Teravainen  
 Terry Condren

**Front Desk Hours Monday-Friday 8:30am-12:30pm and Saturday 8:30-10:30am**

**NEW STUDENT OFFER 30 DAYS FOR \$39**

\$70/5 classes, \$130/10 classes, \$140/Unlimited-30 Days

5 session good for 1 year, 10 session good for 1 year, Unlimited good for 30 days [one per person]

Auto Renew **\$69: Amazing Monthly Unlimited OR \$120:10-Class Pass** [good for one year]

\$16 Drop-in fee • *Buddhist Meditation open to all at no charge*