

Mind Body Group Fitness Schedule November 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am			<u>PiYo Strength</u> [®] Mind/Body Studio Tracie (60 Min)		<u>Streamline Sculpt</u> ^{**} Mind/Body Studio Kristin (60 Min)		
8:30am		<u>Gentle Yoga</u> ^{**} Mind/Body Studio Mark (60 Min)	<u>Vinyasa Flow</u> ^{***} Mind/Body Studio Toni (60 Min)	<u>Yoga Fundamentals</u> [*] Mind/Body Studio Mark (60 Min)	<u>Vinyasa Flow</u> ^{***} Mind/Body Studio Toni (60 Min)	(9:00) <u>Chair T'ai Chi</u> Education Room Woodie (45 Min) <u>Gentle Yoga</u> ^{**} Mind/Body Studio Toni (60 Min)	<u>Yoga MultiLevel</u> ^{**} Mind/Body Studio (60min)
10:00am			<u>T'ai Chi</u> ^{**} Mind/Body Studio Rachael (55 Min) <u>Senior Mat Yoga</u> Education Room Mark (55 Min)	<u>T'ai Chi</u> ^{**} Mind/Body Studio Woodie (55 min)	<u>Advanced T'ai Chi</u> ^{***} Mind/Body Studio Woodie (55 Min) <u>Senior Mat Yoga</u> Education Room Mark (55 Min)	<u>Beginner T'ai Chi</u> [*] Mind/Body Studio Rachael (55 Min)	
11:00am		<u>Mat Pilates</u> Mind/Body Studio Judy (60Min)	<u>Body Barre</u> Mind/Body Studio Judy (60 min) <u>Senior Chair Yoga</u> Education Room Mark (55 Min)	<u>Mat Pilates</u> Mind/Body Studio Judy (60 Min)	<u>Body Barre</u> Mind/Body Studio Judy (60 min) <u>Senior Chair Yoga</u> Education Room Mark (55 Min)	<u>Gentle Yoga</u> ^{**} Mind/Body Studio Toni (60 Min)	
2:30pm	<u>Yoga: In Stages</u> Stage 2 Mind/Body Studio Kevin (60 Min)						
4:30pm		<u>Mat Pilates</u> Mind/Body Studio Judy (60Min)	<u>Yoga MultiLevel</u> ^{**} Mind/Body Studio Michelle (60min)	<u>Mat Pilates</u> Mind/Body Studio Judy(60min)	<u>Yoga Multilevel</u> ^{**} Mind/Body Studio Kevin (60 Min)		
5:45pm	(5:30p) <u>Trauma and Stress Release Exercise</u> Education Room Toni (30 min)	<u>Vinyasa Flow</u> ^{***} Mind/Body Studio Beth (60 Min)	<u>Yoga Stretch Meditation</u> [*] Mind/Body Studio Michelle (60 Min)	<u>Vinyasa Flow</u> ^{***} Mind/Body Studio Beth (60 Min)	<u>Vinyasa Flow</u> ^{***} Mind/Body Studio Kevin (60 Min)		
6:00pm	<u>Tactical *Healing and Movement</u> Education Room Toni (60 min)						