

## Mind Body Group Fitness Schedule December 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am			<u>PiYo Strength</u> <sup>®</sup> Mind/Body Studio Tracie (60 Min)		<u>Streamline Sculpt</u> <sup>**</sup> Mind/Body Studio Kristin (60 Min)		
8:30am		<u>Gentle Yoga</u> <sup>**</sup> Mind/Body Studio Mark (60 Min)	<u>Vinyasa Flow</u> <sup>***</sup> Mind/Body Studio Kevin (60 Min)	<u>Yoga Fundamentals</u> <sup>*</sup> Mind/Body Studio Mark (60 Min)		(9:00) <u>Chair T'ai Chi</u> Education Room Woodie (45 Min) <u>Gentle Yoga</u> <sup>**</sup> Mind/Body Studio Mark (60 Min)	<u>Yoga MultiLevel</u> <sup>**</sup> Mind/Body Studio (60min)
10:00am			<u>T'ai Chi</u> <sup>**</sup> Mind/Body Studio Rachael (55 Min)  <u>Senior Mat Yoga</u> Education Room Mark (55 Min)	<u>T'ai Chi</u> <sup>**</sup> Mind/Body Studio Woodie (55 min)	<u>Advanced T'ai Chi</u> <sup>***</sup> Mind/Body Studio Woodie (55 Min)  <u>Senior Mat Yoga</u> Education Room Mark (55 Min)	<u>Beginner T'ai Chi</u> <sup>*</sup> 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> <sup>**</sup> Mind/Body Studio Kevin (60 Min)	
2:30pm	<u>Yoga MultiLevel</u> <sup>**</sup> Mind/Body Studio Kevin (60 Min)						
4:30pm		<u>Mat Pilates</u> Mind/Body Studio Judy (60Min)	<u>Yoga MultiLevel</u> <sup>**</sup> Mind/Body Studio Michelle (60min)	<u>Mat Pilates</u> Mind/Body Studio Judy(60min)			
5:45pm		<u>Vinyasa Flow</u> <sup>***</sup> Mind/Body Studio Beth (60 Min)	<u>Yoga Stretch Meditation</u> <sup>*</sup> Mind/Body Studio Michelle (60 Min)	<u>Vinyasa Flow</u> <sup>***</sup> Mind/Body Studio Beth (60 Min)	<u>Yoga MultiLevel</u> <sup>**</sup> Mind/Body Studio Kevin (60 Min)		