

## Mind Body Group Fitness Schedule January 2018

|         | Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---------|--|---|--|--|---|---|---|
| 5:00am  |  |   | <u>PiYo</u><br><u>Strength</u> <sup>®</sup><br>Mind/Body Studio<br>Tracie (60 Min)   |  | <u>Streamline</u><br><u>Sculpt</u> <sup>**</sup><br>Mind/Body Studio<br>Kristin (60 Min)  |   |   |
| 8:30am  |  | <u>Gentle Yoga</u> <sup>**</sup><br>Mind/Body Studio<br>Mark (60 Min)             | <u>Vinyasa</u><br><u>Flow</u> <sup>***</sup><br>Mind/Body Studio<br>Kevin (60 Min)   | <u>Yoga</u><br><u>Fundamentals</u> <sup>*</sup><br>Mind/Body Studio<br>Mark (60 Min) | <u>Vinyasa</u><br><u>Flow</u> <sup>***</sup><br>Mind/Body Studio<br>Kevin (60 Min)  | (9:00)<br><u>Chair T'ai Chi</u><br>Education Room<br>Woodie (45 Min)<br><u>Gentle Yoga</u> <sup>**</sup><br>Mind/Body Studio<br>Mark (60 Min) | <u>Yoga</u><br><u>MultiLevel</u> <sup>**</sup><br>Mind/Body Studio<br>(60min) |
| 10:00am |  |   | <u>T'ai Chi</u> <sup>**</sup><br>Mind/Body Studio<br>Rachael (55 Min)<br><br><u>Senior Mat</u><br><u>Yoga</u><br>Education Room<br>Mark (55 Min) | <u>T'ai Chi</u> <sup>**</sup><br>Mind/Body Studio<br>Woodie (55 min)                 | <u>Advanced T'ai</u><br><u>Chi</u> <sup>***</sup><br>Mind/Body Studio<br>Woodie (55 Min)<br><u>Senior Mat</u><br><u>Yoga</u><br>Education Room<br>Mark (55 Min) | <u>Beginner</u><br><u>T'ai Chi</u> <sup>*</sup><br>Mind/Body Studio<br>Rachael (55 Min)   |   |
| 11:00am |  | <u>Mat Pilates</u><br>Mind/Body Studio<br>Judy (60Min)                            | <u>Body Barre</u><br>Mind/Body Studio<br>Judy ( 60 min)<br><br><u>Senior Chair</u><br><u>Yoga</u><br>Education Room<br>Mark (55 Min)             | <u>Mat Pilates</u><br>Mind/Body Studio<br>Judy (60 Min)                              | <u>Body Barre</u><br>Mind/Body Studio<br>Judy (60 min)<br><br><u>Senior Chair</u><br><u>Yoga</u><br>Education Room<br>Mark (55 Min)                             | <u>Gentle Yoga</u> <sup>**</sup><br>Mind/Body Studio<br>Kevin (60 Min)  |   |
| 2:30pm  | <u>Yoga</u><br><u>MultiLevel</u> <sup>**</sup><br>Mind/Body Studio<br>Kevin (60 Min) |   |  |  |   |   |   |
| 4:30pm  |  | <u>Mat Pilates</u><br>Mind/Body Studio<br>Judy (60Min)                            | <u>Yoga</u><br><u>MultiLevel</u> <sup>**</sup><br>Mind/Body Studio<br>Michelle (60min)   | <u>Mat Pilates</u><br>Mind/Body Studio<br>Judy(60min)                                |   |   |   |
| 5:45pm  |  | <u>Vinyasa</u><br><u>Flow</u> <sup>***</sup><br>Mind/Body Studio<br>Beth (60 Min) | <u>Yoga Stretch</u><br><u>Meditation</u> <sup>*</sup><br>Mind/Body Studio<br>Michelle (60 Min)   | <u>Vinyasa</u><br><u>Flow</u> <sup>***</sup><br>Mind/Body Studio<br>Beth (60 Min)    | <u>Yoga</u><br><u>MultiLevel</u> <sup>**</sup><br>Mind/Body Studio<br>Kevin (60 Min)  |   |   |