

CHRISTUS Good Shepherd Institute for Healthy Living

Mind Body Group Fitness Schedule July 2017

Time	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)	<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 Linda (55 Min)	<u>T'ai Chi</u> ^{**} Mind/Body Studio Linda (55 min)	<u>Advanced T'ai Chi</u> ^{***} Mind/Body Studio Linda (55 Min)	<u>Beginner T'ai Chi</u> [*] Mind/Body Studio Linda (55 Min)	<u>Qi Gong</u> [*] Mind/Body Studio Linda (60 Min)
11:00am		<u>Mat Pilates</u> Mind/Body Studio Judy (60Min)	<u>Body Barre</u> Mind/Body Studio Judy (60 min)	<u>Mat Pilates</u> Mind/Body Studio Judy (60 Min)	<u>Body Barre</u> Mind/Body Studio Judy (60 min)	<u>Gentle Yoga</u> ^{**} Mind/Body Studio Toni (60 Min)	
12:10pm				<u>Yoga Multilevel</u> ^{***} Mind/Body Studio Kevin (45 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> MindBody Studio Judy(60min)	<u>Yoga Multilevel</u> ^{***} Mind/Body Studio Kevin (60 Min)		
5:45pm	(5:30p) <u>"TRE"</u> Tension releasing exercise 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>Yoga: In Stages</u> [*] Mind/Body Studio Kevin (60 Min)		
6:00pm	<u>Tactical *Healing and Movement</u> Education Room Toni (60 min)						