



## Mind Body Group Fitness Schedule July 2018

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