

Yoga, Dance & Fitness Center, LLC

STUDIO A CLASS SCHEDULE

Register on www.ydfcenter.com

Updated Fall Schedule 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rise & Shine Yoga David Borrino 6:00am Studio A		Rise & Shine Yoga David Borrino 6:00am Studio A		All Levels Yoga Laura Fetzer 7:30am Studio A	
Yoga for Strength Laura Fetzer 8:00am Studio A				Yoga for Strength Laura Fetzer 8:00am Studio A	Zumba Step Taylor Kelly 10:00am Studio B	Stretch & Shimmy Andrea McKay 10:30am Studio A
Power Vinyasa Yoga Stephanie S. 9:30am Studio A		Power Vinyasa Yoga Kalli K. 9:30am Studio A			Gentle Flow Yoga Rachel Little 10:00am Studio A	
		Ballet Barre Andrea M./Kate W. 12:30pm Studio A		Pilates Kate W. 12:30pm Studio A		\$10 Community Yoga All Levels Yoga 3:30pm Kalli K. Studio A.
Pilates Laura Namnoun 5:30pm Studio A	Power Vinyasa Yoga Laura Fetzer 5:30pm Studio A		Gentle Flow Yoga Rachel Little 5:30pm Studio A			NIA Kate Wattenmaker 5:00pm Studio A
Gentle Flow Yoga Kim Drake 6:30pm Studio A	Beginner Belly Dance Delilah Raqs 7:00pm Studio B	Restorative Yoga Rachel Little 6:00pm Studio A	Zumba Toning Taylor Kelly 6:30pm Studio B		Key: Blue = Yoga Purple = Dance Green = Fitness/Other Studio A: Ste. 206 (upstairs) Studio B: Ste. 11 (downstairs) *Indicates the class is offered as a limited 2- 8-week session	
	Advanced Belly Dance Choreography Andrea McKay 7:00pm Studio A	Jazz and Hip Hop Angela Martin 7:00pm Studio B				