

Yoga, Dance & Fitness Center, LLC

Class Schedule

Register on www.ydfcenter.com

March 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	
All Levels Yoga Laura Fetzer 8:00am Studio A				Yoga for Strength Laura Fetzer 8:00am Studio A	Bollywood Deepa C. 9:00am Studio A	Stretch & Shimmy Andrea McKay 10:30am Studio B
Power Vinyasa Yoga Brittney Mihalich 9:30am Studio A	Pilates/Barre Blend Kate Wattenmaker 9:30am Studio A	Power Vinyasa Yoga Kalli K. & Lisa L. 9:30am Studio A		Pilates Kate Wattenmaker 10:00am Studio A	Gentle Flow Yoga Rachel Little 10:15am Studio A	Community Yoga Various Teachers 10:30am Studio A
Beginner Belly Dance Level 2* Andrea McKay 5:30pm Studio B		Ballet Barre Andrea McKay 5:30pm Studio A	Gentle Flow Yoga Diane Massey 5:00pm Studio A		Dance and Step Taylor Kelly 11:30am Studio A	Pilates Kate Wattenmaker 3:00pm Studio A
Pilates Laura Namnoun 5:30pm Studio A	Flow & Let Go Yoga Laura Fetzer 5:45pm Studio A	Restorative Yoga Rachel Little 6:30pm Studio A				NIA Kate Wattenmaker 4:00pm Studio A
Gentle Flow Yoga Rachel Little 6:30pm Studio A		Intro to Hula Hooping* Andrea McKay 6:30pm Studio B	Dance and Tone Taylor Kelly 6:15pm Studio A	Studio A & B are available for Private Sessions, Special Events & Workshops Friday afternoons and evenings.	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 6-week session	
Beginner/Intermediate Hula Hooping Andrea McKay 6:30pm Studio B	Intermediate Vinyasa Yoga Brittney Mihalich 7:00pm Studio A		Les Mills Combat Meg Atwood 7:15pm Studio A			