

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Yoga Vanessa 7:00 - 8:00 AM All Levels	Pilates Plus Dawn 8:30 - 9:30 AM All Levels	Early Bird Yoga Vanessa 7:00 - 8:00 AM All Levels		
Qigong Bozena 11:30 - 12:30 PM All Levels	Balancing Yoga Vanessa 10:00 - 11:00 AM Level 2-3	Beginners' Yoga Vanessa 10:00 - 11:00 AM Level 1	Office Hour Vanessa 10:00 - 11:00 AM Chat, questions, etc.	Balancing Yoga Vanessa 10:00 - 11:00 AM Level 2-3	Enthusiasts' Yoga Vanessa 10:00 AM - 12:00 PM Level 3-4 *asana includes inversions
Chair Yoga Mary 1:30 - 2:30 PM Seniors			Tai Chi Laurie 4:00 - 5:00 PM 8-week Course	Qigong Bozena 11:30 - 12:30 PM All Levels	
Step & Sculpt Dawn 5:30 - 6:30 PM All Levels	Belly Dance Vanessa 5:30 - 6:30 PM All Levels	Pilates Plus Dawn 5:30 - 6:30 PM All Levels	Belly Dance Vanessa 5:30 - 6:30 PM All Levels		



Class rates vary by teacher/class. Please visit our website or contact us for class details:

Dawn 916-801-5570

Mary 541-425-0742

Bozena 541-425-0332

Laurie 541-373-3206

Vanessa 458-205-1685