

March - April Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00-2:00pm Chair Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:30-10:45am Yoga with Erin	10:30 - 11:30am Somatic Movement Series 1:00-2:00pm Chair Yoga	6:30-7:30am Functional Fitness 9:30-10:45am Yoga with Erin 4:00-5:00pm Functional Fitness		8:00-9:00am Functional Fitness 9:30-10:45am Community Yoga with Adrienne

Series Reservation: \$12.00/class

Single Class: \$15.00/class

Chair Yoga

Mondays @ 1:00pm: March 6th - April 24th (8 classes @ \$96.00)

Wednesdays @ 1:00pm: March 1st - April 19th (7 classes @ \$84.00)

Community Yoga with Adrienne (75 min. Classes)

Saturdays @ 9:30am: March 4th - April 29th (9 classes @ \$108.00)

Yoga with Erin (75 min. classes)

Tuesdays @ 9:30am: March 7th - April 25th (No class April 18th, 7 classes @ \$84.00)

Thursdays @ 9:30am: March 2nd - April 27th (No class April 20th, 8 classes @ \$96.00)

Functional Fitness

Mondays @ 4:00pm: March 6th & April 24th (No class April 17th, 7 classes @ \$84.00)

Tuesdays @ 6:30am: March 7th & April 25th (No class April 18th, 7 classes @ \$84.00)

Thursdays @ 6:30am/4:00pm: March 2nd - April 27th (No class April 20th, 8 classes @ \$96.00)

Saturdays @ 8:00am: March 4th- April 29th (No class April 22nd, 8 classes @ \$96.00)

Somatic Movement

Wednesdays @ 10:30am: March 1st - April 26th (No class April 19th, 8 classes @ \$96.00)