

Nov. - Dec. Classes

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

Series Reservation: \$12.00/class

Drop-in: \$15.00/class

Yoga Nidra (First Wednesday of the month)

Wednesdays @ 6:00pm: October 5, November 2, & December 7

Yoga for All

Fridays @ 10:30am: November 4, 18 & December 2, 9, 16, 23 * No class: 11/11

Chair Yoga

Mondays @ 1:00pm: November 7, 14, 21, 28 & December 5, 12, 19, 26

Wednesdays @ 1:00pm: November 2, 9, 16, 30 & December 7, 14, 21 * No class: 11/23

Functional Fitness

Mondays @ 4:00pm: November 7, 14, 21, 28 & December 5, 12, 19

Tuesdays @ 6:30am: November 1, 8, 15, 22, 29 & December 6, 13, 20

Thursdays @ 6:30am/4:00pm: November 3, 10, 17 & December 1, 8, 15, 22 *No class: 11/24

Saturdays @ 8:00am: November 5, 12, 19 & December 3, 10, 17 *No class: 11/26

Somatic Movement

Mondays @ 5:30pm: November 7, 14, 21, 28 & December 5, 12, 19

Wednesdays @ 10:30am: November 2, 9, 16, 30 & December 7, 14, 21 *No class: 11/23

Yoga with Erin (Ongoing, weekly classes, 75 minutes - class pass option)

Tuesdays, Thursdays & Saturdays @ 9:30am *No classes: 11/26, 12/24