



May 2015

Weekly Class Schedule

beginning May 1, 2015
check MindBody Online for Changes

Yoga, Pilates, Feldenkrais, Meditation & Medicine Open for Drop-Ins Unless Otherwise Noted.
Special Classes & Series Require Pre-Registration

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30	8:30am-10:00am Open Level Kripalu (Ellen)	8:30am-10:00am Gentle Hatha Yoga [Therapeutic] (Bitsy)	8:30am-10:00am Open Level Kripalu (Ellen)	8:30am-10:00am Gentle Yin Yoga (Bitsy)				
9:00								
9:30								
10:00					9am-10:15am Gentle Yoga (Dixie)	9:30am-11:00am Align & Flow Yoga (Karen)		
10:30	Private Lessons (Bonni)	10:30am-11:30am Chair Yoga (Dixie) May 19 - June 9		10:15am-11:15am Stretch & Flex (Karen)			10:30am-12pm Mind~Body Mix (Kandy Duke) May 8-29	
11:00								
11:30								
12:00				12pm-1:15pm Feldenkrais ATM® (Elaine)		11:30am-1:30pm Yamuna Body Rolling: Save Your Shoulders+ (Kandy Duke) May 16th Only		
12:30								
1:00								
1:30								
2:00	2pm-2:30pm Meditation				2pm-2:30pm Meditation			
2:30								
3:00								
3:30								
4:00								
4:30							4:30pm-6:00pm Meditative Kripalu Yoga (Brian)	
5:00								
5:30	5:30pm-6:30pm Pilates Mat (Bonni)	5:30pm-6:45pm Yoga Intro - May 19 (Karen)	5:30pm-6:30pm Pilates Mat (Bonni)	5:30pm-7:30pm Feldenkrais: What Is It? May 28, 2015 (Elaine)				
6:00						Weekly Class - Dropin or Class Pass Special Class or Series Community Donation Class		
6:30								
7:00	7:00pm-8:30pm Medicine Dance - May 25 (Kathy Webb)	7:00pm-8:00pm Evening Zen Yoga Prenatal May 19- June 30 (Laura)						
7:30						Workshop		