


# November 2015 Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Other Special Events
	Nov 2-19: 6:30-7:30am <i>Giving Back!</i> Sunrise Flow (AshleyAnne)		Nov 2-19: 6:30-7:30am <i>Giving Back!</i> Sunrise Flow (AshleyAnne)				
	8:30am-10:00am Hatha Yoga [Therapeutic] (Bitsy)		8:30am-10:00am Yin Yoga (Bitsy) <i>no class 26th</i>				
9:00am-10:15am Kripalu Yoga (Ellen) <i>no class 30th</i>		9:00am-10:15am Kripalu Yoga (Ellen) <i>no class 25th*</i>		9am-10:15am Gentle Yoga (Dixie) <i>no class 27th</i>			
	10:30am-11:30am Vinyasa Flow Yoga (Rebecca)		10:15am-11:15am Stretch & Flex (Karen) <i>not 26th</i>		10:00am-11:30am Align & Flow Yoga (Karen)		
10:45am-11:45am Private Pilates Class (Bonni) <i>not 23rd</i>		10:45am-11:45am Barre (Hillary) <i>not 25th*</i>		10:45am-11:45am Barre (Hillary)			
			12pm-1:15pm Feldenkrais ATM® (Elaine) <i>not 26th</i>		Nov 14: 9am-5pm Community Food Drive with Local Yoga Studios Winn Dixie SSI		
	Nov 10: 1:00-2:00pm <i>Giving Back!</i> Barre (Hillary)						
2:00pm-3:00pm Chair Yoga (Bitsy) <i>Sunroom</i>		2:00pm-3:00pm Chair Yoga (Rebecca) <i>Sunroom</i>	Nov 12: 1:30pm-2:30pm Feldenkrais: What Is It? (Elaine)	2:00-2:30pm <i>Giving Back!</i> Meditation	November 28 Small Business Saturday Retail, Service & Class Discounts, Specials & Promos Available All Day		
	5:15pm-6:30pm Yoga Basics (Rebecca)			Nov 13: 4:00-5:00pm Yoga/Pilates/YBR Mix		4:30pm-6pm Community Yoga (Brian) <i>not 22nd</i>	
5:30pm-6:30pm Pilates Mat (Bonni) <i>not 23rd**</i>		5:30pm-6:30pm Pilates Mat (Bonni) <i>not 18th or 25th</i>		Nov 13: 5:30pm-7:30pm Yamuna Body Rolling: Shoulder Release Party! (Kandy Duke)			Nov. 6: 5:30-6:30pm Yoga in the Park Downtown Bwk
Nov 9: 7:00-8:30pm <i>Giving Back!</i> Medicine Dance (Kathy Webb)	6:30pm-7:30pm Evening Zen Yoga <i>Prenatal Appropriate</i> (Laura)				Weekly Classes: Drop-in \$15 Class Pass 6/\$72, 10/\$110, 20/\$180		**Nov 23: 6:30-7:30pm <i>Giving Back!</i> Yin Yoga (Karen)
					Special Class or Series		
					Community Donation Class		
					Workshop \$40-\$45		



\*Nov 25: 9:30-10:30am  
*Giving Back!* Pre-Holiday Relax  
& De-Stress Yoga  
(Rebecca)

***Giving Back!*** Classes & Events have a \$5 minimum cash or goods donation to our annual Food Drive. Items are donated to the St. Vincent DePaul, First Presbyterian (Bwk), Manna House, & Sparrow's Nest food pantries.

Want to try a new class? Bring a Goods Donation for our Food Drive for \$5 off a regular Weekly Class Drop-in.