

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:55 <b>YogaWorks 1/2</b> Lesley Fightmaster	6:30-7:55 <b>YogaWorks 1/2</b> Nikki Affleck	6:30-7:55 <b>Vinyasa Flow 2 ↓</b> Lisbeth Fritz	6:30-7:55 <b>YogaWorks 1/2</b> Nikki Affleck	6:30-7:55 <b>Vinyasa Flow 2 ↓</b> Lisbeth Fritz	<b>Classical</b> 8:00-8:55 <b>Pilates Mat 1/2</b> Delyer Anderson	<b>Asana</b> 8:00-9:25 <b>Fundamentals</b> Bob Metzler
9:00-10:25 <b>Viniyoga 1/2</b> Juris Zinbergs	<b>Classical</b> 8:00-8:55 <b>Pilates Mat 1/2</b> Delyer Anderson	8:30-9:55 <b>YogaWorks 1/2</b> Lesley Fightmaster	8:00-8:55 <b>Classical</b> <b>Pilates Mat 1/2</b> Delyer Anderson	9:00-9:55 <b>Contemporary</b> <b>Pilates Mat 1/2</b> Tracy Bauer	9:00-10:25 <b>Anusara 2/3</b> Lyndee Davis	<b>Contemporary</b> 9:30-10:25 <b>Pilates Mat 1/2</b> Robin Toavs
10:45-11:55 <b>Yin Yoga 1</b> Linda Trumpfheller	9:00-9:55 <b>YogaWorks 1</b> Randy Allard	9:00-9:55 <b>BarWorks® 1/2</b> Caitlin Ezzell	9:00-9:55 <b>YogaWorks 1</b> Randy Allard	9:00-10:25 <b>Viniyoga 1/2</b> Juris Zinbergs	9:00-10:25 <b>Vinyasa Flow 2</b> Jon Burras	9:30-10:55 <b>Vinyasa Flow 2 ↓</b> Lisbeth Fritz
12:00-12:55 <b>YogaWorks 1/2</b> Nikki Affleck	9:00-10:25 <b>Vinyasa Flow 2/3 ↓</b> Suzy Gill	10:00-11:25 <b>Viniyoga 1/2</b> Juris Zinbergs	9:00-10:25 <b>Vinyasa Flow 2/3 ↓</b> Suzy Gill	10:45-11:55 <b>Gentle Yoga</b> Rebekah O'Shields	10:30-11:25 <b>Pilates Fusion 1/2</b> Katie Osumi	10:30-11:55 <b>Yoga Blend 1/2</b> Katresha Moskios
4:30-5:55 <b>Yoga Blend 1/2</b> Renee Chenette	10:45-11:55 <b>Prenatal</b> Linda Trumpfheller	11:00-12:25 <b>Iyengar 1/2</b> Denise Thibault	10:45-11:55 <b>Prenatal</b> Linda Trumpfheller	12:00-12:55 <b>YogaWorks 1/2</b> Nikki Affleck	10:30-11:55 <b>Yoga Blend 1</b> Katresha Moskios	5:00-6:25 <b>Yoga Blend 1/2</b> Suzy Gill
4:30-5:55 <b>Vinyasa Flow 2/3 ↓</b> Debbie Berardi	10:45-12:10 <b>Therapeutics</b> Trish Deignan	12:00-12:55 <b>YogaWorks 1/2</b> Nikki Affleck	10:45-12:10 <b>Therapeutics</b> Trish Deignan	3:30-4:25 <b>Community</b> <b>Class 1/2*</b> Nancy Pensamiento	11:30-12:55 <b>Power Yoga 2</b> Geo Moskios	
6:00-6:55 <b>Contemporary</b> <b>Pilates Mat 1/2</b> Caitlin Ezzell	12:15-1:40 <b>Vinyasa Flow 2/3 ↓</b> Sarah Reese**	2:15-3:25 <b>Gentle Yoga</b> Helena Gorka	12:15-1:40 <b>Vinyasa Flow 2/3 ↓</b> Sarah Reese**	4:30-5:25 <b>Contemporary</b> <b>Pilates Mat 1/2</b> Caitlin Ezzell	4:30-5:55 <b>Yoga Blend 1/2</b> LB Iddings	
6:00-7:25 <b>Viniyoga 2/3 ↓</b> Juris Zinbergs	<b>Contemporary</b> 12:30-1:25 <b>Pilates Mat 2</b> Caitlin Ezzell	4:30-5:55 <b>Yoga Blend 1/2</b> Renee Chenette	12:30-1:25 <b>Contemporary</b> <b>Pilates Mat 2</b> Caitlin Ezzell	5:30-6:55 <b>Vinyasa Flow 2/3 ↓</b> Lisbeth Fritz		
7:00-7:55 <b>Yoga Blend 2</b> Rachel Murray	<b>Anusara</b> 4:30-5:55 <b>Inspired 1/2</b> Phillip Sadler	4:30-5:55 <b>Vinyasa Flow 2 ↓</b> Debbie Berardi	4:30-5:55 <b>Anusara 2</b> Lyndee Davis			
7:30-8:55 <b>Yoga Blend 1</b> Nancy Pensamiento	5:00-5:55 <b>Yoga Blend 1/2</b> Cathy Cox	<b>Contemporary</b> 6:00-6:55 <b>Pilates Mat 1/2</b> Caitlin Ezzell	5:00-5:55 <b>Yoga Blend 1/2</b> Cathy Cox			
	6:00-7:25 <b>Vinyasa Flow 2 ↓</b> Audri Geary	6:00-7:25 <b>Vinyasa Flow 2/3 ↓</b> Lisbeth Fritz	6:00-7:25 <b>Vinyasa Flow 2 ↓</b> Audri Geary			
	6:30-7:55 <b>Yin Yoga 2</b> Stacey Smith	7:00-7:55 <b>Yoga Blend 2</b> Rachel Murray	6:30-7:55 <b>Yin Yoga 2</b> Stacey Smith			
		7:30-8:55 <b>Yoga Blend 1</b> Nancy Pensamiento	7:30-8:55 <b>Kundalini 1/2</b> Sotantar			

**LEGEND**

- ↓ Come prepared for room temperatures 85 degrees and above
- \* \$8 Community class for non-members
- \*\* This class has a long-term sub. See front desk for exact dates.