

YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30am Anusara I-III Racquetball Court* Jana Barkin	9:30-10:40am Ashtanga II-III Group Ex Room Lori Soloman			9:30-10:30am Anusara II-III Group Ex Room Janna Barkin		
9:45-10:45am Beginning Yoga Racquetball Courts Jana Barkin*	1:00-2:15pm Mixed Yoga Stretch I-II Group Ex Room Greg Foster	10:30-11:30am 50+ Level I Group Ex Room Isabel Harmon	10:45-12:15pm White Lotus Flow II-III Group Ex Room Karen Soroca		10:30-11:45am All Levels Group Ex Room Vicki Sidley	10:15-11:30am White Lotus Flow/ Vinyasa I-III Group Ex Room Beth or Isabel
7:05-8:35pm Anusara I-III Group Ex Room Janna Barkin			4:30-5:30pm Vinyasa I-III Group Ex Room Beth Kraft	5:30-6:45pm Intro to Yoga Group Ex Room Tim West (all levels)		