

JULY CLASS SCHEDULE 2009

All classes are 50 minutes unless otherwise noted.

MONDAY

9:45am	Soma Movement/At the Barre* (CR)	All Levels	Lauren
11:00am	NEW Yoga for 50+	All Levels	Becky
6:00pm	Yoga Vinyasa	All Levels	Sabina
7:00pm	Pilates Mat	All Levels	Julianna

TUESDAY

8:30am	Pilates Mat	Beg/Int	Lynne
9:45am	Soma Movement/At the Barre* (CR)	All Levels	Robin
12:00pm	Pilates Mat	All Levels	Stephanie
7:00pm	Yoga Vinyasa Class	All Levels	Betsy

WEDNESDAY

5:30pm	Yoga Vinyasa Class	All Levels	Betsy
7:00pm	Yoga Flow 1-2 (formerly Reggae Yoga)	All Levels	Anne

THURSDAY

9:00am	Pilates Mat	All Levels	Eileen
10:00am	Soma Movement/At the Barre (CR)	All Levels	Lauren
7:00pm	Pilates Mat	All Levels	Eileen

SATURDAY

8:30am	The Jump-Off: Signature Mark Jenkins Fitness Class <i>70-min, \$35, Limited Time Class - July 5-Aug 2</i>	All Levels	Mark Jenkins
10:00 - 11:30am	Yoga Iyengar Based	Int/Adv	Becca

SUNDAY

10:15 - 11:15am	Yoga Power	Int/Adv	Gail
11:30am	The Jump-Off: Signature Mark Jenkins Fitness Class <i>70-min, \$35, Limited Time Class - July 5-Aug 2</i>	All Levels	Mark Jenkins
5:00pm	Restorative Yoga	All Levels	Brooke