

MONDAY

8:30 AM	Senior Yoga Therapeutics	Mary Hilliker
9:00 AM	Awakening Flow + Strength Training	Heather Van Dalfsen
10:00 AM	Senior Chair Yoga Therapeutics	Mary Hilliker
5:15 PM	Yoga Therapeutics: Back, Hips, Knees, Shoulders, Neck & Balance	Mary Hilliker
5:45 PM	Slow Strong Vinyasa Flow (Rib Mt. thru Sept. 19th, Indoors starting Sept. 26)	Heather Van Dalfsen
7:00 PM	Special Topics	Teacher Rotation

TUESDAY

7:30 AM	Yoga-Infused Strength Training	Bill Miller
9:00 AM	Gentle Yoga: Beginners and Beyond	Renee Peterson
9:00 AM	Pilates Reformer Series	Faith Wilfley
10:30 AM	Moms and Babies Postnatal Yoga	Renee Peterson
12:00 PM	Pilates Reformer Series	Faith Wilfley
4:00 PM	Slow Strong Vinyasa Flow	Heather Van Dalfsen
4:00 PM	Yoga Therapeutics: Anxiety, Stress, Sleep, Pain	Mary Hilliker
5:30 PM	Prenatal Yoga	Renee Peterson
5:30 PM	Yoga for Beginners & Beyond	Pauline Zweck
7:00 PM	Tribal Belly Dance Course (Sept 20 - Nov 8)	Nummelin / Luedtke

WEDNESDAY

6:00 AM	Pilates Reformer Early Bird	Faith Wilfley
7:00 AM	Sunrise Yoga	Mary Hilliker
8:30 AM	Yoga Therapeutics: Back, Hips, Knees, Shoulders, Neck & Balance	Mary Hilliker
9:00 AM	Gentle Alignment Yoga	Kristie Pellitteri
10:00 AM	Chair Yoga: Stroke, MS & Neurological Conditions	Dorothy Bain
12:00 PM	Yoga for Mental & Physical Balance	Pauline Zweck
3:00 PM	Yoga for Stress Reduction, Healthy Back, Neck & Shoulders	Heather Van Dalfsen
4:30 PM	Alignment Yoga: Beginners & Beyond	Kristie Pelleteri
5:30 PM	Food as Medicine (Sept 7, Oct 5, Nov 9)	Reenah McGill
6:30 PM	Yoga for Beginners & Beyond	Kathy Schneck
6:30 PM	Reiki Level 1 (Oct 26 - Nov 16)	Susan Weinschenk
8:00 PM	Yoga Webinars (Periodic)	Mary Hilliker

THURSDAY

6:30 AM	Awakening Flow + Back Health	Heather Van Dalfsen
8:30 AM	Arthritis Foundation Exercise Program	Jennifer Ransom
9:00 AM	Gentle Yoga: Beginners & Beyond	Renee Peterson
9:00 AM	Pilates Reformer Series	Faith Wilfley
10:30 AM	Tai Chi Fundamentals	Lee Koch
12:00 PM	Pilates Reformer Series	Faith Wilfley
2:00 PM	Chair Yoga	Jay Coldwell
2:30 PM	Food as Medicine (Sept 8, Oct 6, Nov 10)	Reenah McGill
4:00 PM	Yoga Therapeutics: Back, Hips, Knees, Shoulders, Neck & Balance	Hilliker / Van Dalfsen
4:15 PM	Kali Martial Arts	Jamie Sparling
5:30 PM	Men's No Lycra Yoga	Bill Miller
5:30 PM	Moms & Babies Postnatal Yoga	Renee Peterson
5:30 PM	Yoga for Stress Relief and Centering	Mary Kluz
6:45 PM	Meditation	Weinschenk, Pellitteri, McGill
6:45 PM	Thursday Ceremony (Sept 8 - Oct 13)	Darlene Antoniewicz

FRIDAY

8:30 AM	Yoga-Infused Strength Training	Bill Miller
5:00 PM	Yoga for Stress Relief and Centering	Mary Kluz

SATURDAY

9:00 AM	Awakening Flow + Strength Training	Heather Van Dalfsen & Rotation
10:30 AM	Yoga for Stress Reduction, Healthy Back, Neck and Shoulders	Heather Van Dalfsen & Rotation

SUNDAY

8:30 AM	Morning Chant and Meditation	Jay Coldwell
9:30 AM	Select Sunday's: Gratitude Yoga + Local Food + Community	Heather Van Dalfsen
4:30 PM	Gentle Yoga & Deep Relaxation (Oct 2 - Nov 20)	Sharon Semling

■ Intermediate / Advanced Classes ■ Therapeutic Yoga for Structural Conditions ■ Stress Reduction Focus ⇄ Strength Training

■ Enrollment Series - Not covered by Class Pass \*A majority of classes are beginner-friendly unless noted as intermediate/advanced classes.