Schedule for January through May, 2018. Check www.5KoshasYoga.com for updates

MONDAY

8:30 AM **Senior Yoga Therapeutics** Zweck / Hilliker
9:00 AM **Awakening Flow + Strength Training** Heather Van Dalfsen
10:00 AM **Senior Chair Yoga Therapeutics** Zweck / Hilliker
11:00 AM **Yoga Therapeutics Series: See Website for dates & topics** Heather Van Dalfsen
4:30 PM **Fun, Challenging Yoga Postures for Grown-Ups** Angie Reuter
5:15 PM **Yoga Therapeutics: Back, Hips, Knees, Shoulders, Neck & Better Sleep** Kluz / Hilliker
5:30 PM **Tai Chi Fundamentals** Lee Koch
5:45 PM **Slow, Strong, Mindful Flow** Heather Van Dalfsen
7:00 PM **Affinity Martial Arts** Jamie Sparling

TUESDAY

8:00 AM **Yoga-Infused Strength Training** Bill Miller
9:00 AM **Gentle Yoga: Beginners & Beyond** Renee Peterson
10:30 AM **Yoga for Gardeners (Feb 27 – April 3)** Angie Reuter
4:15 PM **Cultivating Calm: Stress Relief Through Yoga** Milissa Schoepke
5:30 PM **Prenatal Yoga** Renee Peterson
5:30 PM **Yoga for Beginners & Beyond** Pauline Zweck
7:00 PM **Tribal Belly Dance: Fiery Isolations (Jan 16 – March 6)**
Tribal Belly Dance: Jaw-dropping Combinations (April 3 – May 15) Nummelin / Luedtke
8:15 PM **Tribal Belly Dance: Intermediate Choreography (Jan 16 – March 6, April 3 – May 15)** Anna Nummelin

WEDNESDAY

7:00 AM **Sunrise Yoga** Miller / Hilliker
8:30 AM **Yoga Therapeutics: Back, Hips, Knees, Shoulders, Neck & Balance** Miller / Hilliker
9:00 AM **Gentle Alignment & Ayurveda-Infused Yoga** Kristie Pellitteri
10:00 AM **Chair Yoga: Stroke, MS & Neurological Conditions** Dorothy Bain
12:00 PM **Yoga for Mental & Physical Balance** Pauline Zweck
4:30 PM **Alignment & Ayurveda-Infused Yoga** Kristie Pellitteri
5:15 PM **Energizing Yoga Flow (45 minute)** Dorothy Bain
5:15 PM **Little Dragons** Jamie Sparling
6:00 PM **Affinity Martial Arts** Jamie Sparling
6:30 PM **Poses for All Bodies: Yoga for Beginners & Beyond** Kathy Schneck
6:30 PM **Kids Yoga (8-12 year-olds)** Dorothy Bain

THURSDAY

9:00 AM **Gentle Yoga: Beginners & Beyond** Renee Peterson
10:30 AM **Tai Chi Fundamentals** Lee Koch
10:30 AM **Yoga Bonding – Mom & Baby Postnatal Yoga 1st & 3rd Thurs** Renee Peterson
2:00 PM **Senior Chair Yoga Therapeutics** Angie Reuter
4:00 PM **Yoga Therapeutics: Strong Bones | Healthy Back & Joints | Better Balance** Heather Van Dalfsen
4:15 PM **Kali 4 Coordination℠** Jamie Sparling
5:30 PM **Men's No Lycra Yoga** Bill Miller
5:30 PM **Yoga Bonding - Mom & Baby Postnatal Yoga 1st & 3rd Thurs** Renee Peterson
5:30 PM **Yoga for Stress Relief and Centering** Mary Kluz
6:45 PM **Yoga Sutra Study Group (2nd Thursday of month)** Jay Coldwell
6:45 PM **Mindfulness Meditation – Come Any Time** Susan Weinschenk, PhD
7:00 PM **Yoga Flow for Clarity, Calm and Control** Dorothy Bain

FRIDAY

6:00 AM **Morning Yoga** Angie Reuter
8:30 AM **Yoga-Infused Strength Training** Bill Miller
10:15 AM **Don't Fall Off Your Chair Yoga** Kim Tanck
5:00 PM **Yoga for Stress Relief and Centering** Mary Kluz

SATURDAY

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

SUNDAY

4:30 PM **Gentle Yoga & Deep Relaxation (starts Jan 28)** Sharon Semling

Intermediate / Advanced Classes | Therapeutic Focus | Stress Reduction Focus | Strength Training
Enrollment Series - Not covered by Class Pass | Requires Affinity Martial Arts Pass