

# Winter/Spring Schedule: January 4th - June 2010

## First Class FREE



<u>Day /Time</u>	<u>Teacher</u>	<u>Level/Style</u>
<b>MONDAY</b> (k)9:30-11:00AM 5:30-7:00PM (s)7:15-8:30PM	Jennifer Hahalis Lori Hallman Ernest Jaeger	Level 1-2/Anusara Inspired Mixed Level/Ashtanga Inspired Creative Writing
<b>TUESDAY</b> 9:30-11:00AM 12:30-1:45PM 5:30-6:45PM (s)7:00-8:30PM	Isabelle Godin Isabelle/Alyssa Silver Kim Silver	Mixed Level/Vinyasa Flow Gentle Stretch Level 1/Restorative Foundations of Yoga
<b>WEDNESDAY</b> (k)9:30-11:00AM 5:30-7:00PM 7:30-8:45PM (tap)7:30-8:45PM	Jen H./Silver Silver Amanda Adrian Silver/Deb	Level 2/Anusara Inspired Level 2-3/Anusara Inspired Mixed Level/Kripalu Yoga Teacher's/Advanced Practice
<b>THURSDAY</b> 12:30-2:00PM 5:30-7:00PM 7:15-8:30PM	Silver Florence Corcoran Isabelle	Therapeutic Yoga YogAnatomy Level 2/Yoga Fusion
<b>FRIDAY</b> (k)9:30-11:00AM (s)3:30-4:15 (s)4:30-5:15 4:30- 5:45PM (tt)6:00-9:00PM	Silver Miss. Vanessa Miss. Vanessa Beverly Fatebene Teacher Training	Level 2-3/Anusara Inspired Ballet/Jazz Hip-Hop TGIF-YOGA In-Depth Study
<b>SATURDAY</b> 8:00-9:15AM (tt)9:30-5:00PM (s)10:00-11:00 (s)10:00-12:00PM (s)12:30-3:30PM TBA	Staff Rotation Teacher Training Silver Kim Hogan Kim Hogan Special	Mixed Level//Rise and Shine In-Depth Study Yoga for the Special Child Mosaic Art &Watercolor (child) Mosaic Art (Adult) Workshop/Series*
<b>SUNDAY</b> SPECIAL 11:30-12:45PM (s)2:00-3:30pm	FREE Deb Biro Paul Deery	Kula Circle/ Community Events Level 1/Gentle (adults) Art/Sculpture

\*CLASSES SUBJECT TO CHANGE, log onto website