

SPRING BREAK YOGA SCHEDULE

March 26 – 31

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00					Power Yoga 6:00 to 6:45am Ann Kiesling		
6:45							
8:00						Vinyasa Yoga 8:00 to 9:00 Marian McNair	
9:00							
9:30	Gentle Yoga 9:30 to 10:30 Don Bae	Power Yoga 9:30 to 10:30am Julie Slobodnik *STUDIO 1	Vinyasa Yoga 9:30 to 10:30 Don Bae	Power Yoga 9:30 to 10:30am Julie Slobodnik *STUDIO 1	Power Yoga 9:30 to 10:30am Ann Kiesling		
10:00							
10:30							
12:00		Yin Yoga 12:00 to 1:00pm Angie Berthelsen		Yin Yoga 12:00 to 1:00pm Angie Berthelsen			
1:00							
1:30							Prenatal Yoga 1:30 - 2:30pm Betsy Cafe
2:00							
4:00							
4:30	Warm Flow Yoga 4:30 to 5:30 Mercedes Nagel						
5:00							
5:30							
6:00		Vinyasa Yoga 6:00 to 7:00pm Carol Myers		Gentle Yoga & Meditation 6:00 to 7:00pm Marian McNair			

All classes are held in the GroupX Studio in the Fitness Center EXCEPT the Power Yoga on Tues & Thurs morning at 9:30am which is held downstairs in **Studio 1**