

Winter (January through March) 2019 Schedule

Monday		Tuesday		Wednesday		Friday				Saturday	
7:30	Class with Betty FULL	8:00		7:30		7:30		7:30			
8:30	Class with Betty	9:00		8:30		9:00	NEW! Chair Yoga with Judy	8:30	Class with Betty FULL		
9:30	Class with Janet FULL	10:15	NEW! Introduction to Pilates Mat Judy	9:30	Class with Janet FULL	10:00		10:00	Class with Betty FULL	10:00	Led Class with Monique
10:30	Led Class with Janet – Gentle Pilates FULL	11:15	NEW! Introduction to Pilates Reformer Judy	10:30		11:00		11:00	Class with Betty FULL		
11:30		12:30		11:30	Class with Janet FULL	12:00		12:00			
12:00		1:00		1:00		1:00		1:00			
1:00	Class with Betty FULL	2:00		2:00	Class with Betty	2:00		2:00			
2:00		3:00		3:00	Led Class with Betty - Intermediate	3:00		3:00			
3:00	Class with Betty	4:00		4:00		4:00	Class with Peggy FULL	4:00			
5:00	NEW! Restorative Yoga with Judy	5:00	Class with Monique	5:00		5:00	Class with Peggy FULL	5:00			
6:00	NEW! Introduction to Pilates Mat Judy	6:00	Led Class with Monique	6:15		6:15		6:00			

NOTE: While many classes may appear to be full (four regular participants), spots are often available for make-up or additional classes – check with the instructor for the class. Classes that are not noted as full will have room for more clients – contact your instructor if you are interested in any of these times. Introductory Mat and Reformer classes begin January 14th and 15th and will run for 8 weeks.