

## Spring (April through June) 2019 Schedule

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.

Monday	Tuesday	Wednesday		Thursday		Friday		Saturday		Sunday	
7:30	Class with Betty FULL	8:00		7:30		7:30		7:30			
8:30	Class with Betty	9:00		8:30		8:30		8:30	Class with Betty FULL	9:00	NEW! Class with Monique
9:30	Class with Janet FULL	10:15	Yoga with Judy*	9:30	Class with Janet FULL	10:15	NEW! Intro to Pilates with Judy*	10:00	Class with Betty FULL	10:00	Led Class with Monique
10:30	Led Class with Janet – Gentle Pilates FULL	11:15		10:30		11:15	NEW! Intermediate Led Class with Judy*	11:00	Class with Betty FULL		
11:30		12:00		11:30	Class with Janet FULL	12:00		12:00			
12:00		1:00		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	NEW! Yoga with Judy	5:00	Class with Peggy FULL	5:00			
6:15	NEW! Intro to Pilates Mat – Judy*	6:00	Led Class with Monique	6:15		6:15		6:00			

*\*New Yoga and Introductory Pilates - Please contact Judy directly at 778-214-4617 to register for these classes.*