YOGA, MIND & BODY WELLBEING

We offer a number of classes for all body types and fitness levels. Our yoga, Pilates, meditation, Tai Chi and Qigong classes help improve mental and physical health through relaxation, breathing, movement, and stretching. If you're looking for a way to manage stress and improve flexibility, concentration & overall wellness these classes are for you.

YOGA, MIND & BODY WELLBEING SCHEDULE AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Yoga Flow 10:15am – 11:30am (*Hall A)*		**Gentle Yoga** 10:15am – 11:15am CHRISTINE *(Hall A)*	
	Gentle Yoga 7:05pm – 8:20pm CHRISTINE *(Gym)*	**Yoga & Meditation** 6:00pm – 7:15pm MARIANN *(Hall B)*	**Qigong** 5:45pm – 7:00pm NONA *(Hall B)*
		Yoga Flow and Restore 7:15pm – 8:15pm SARA *(Gym)*	**Tai Chi & Qigong** 7:00pm –8:15pm NONA *(Multi 2)*
			Pilates (All Levels) 7:15pm – 8:15pm LILIYA *(Gym)*

** PLEASE CHECK WITH YOUR HEALTH CARE PROVIDER BEFORE STARTING ANY EXERCISE PROGRAM.**