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)*	
	Yoga Flow 7:10pm – 8:25pm *(Gym)*	**Yoga & Meditation** 6:00pm – 7:15pm MARIANN *(Hall B)*	**Qigong** 5:45pm – 7:00pm NONA *(Hall B)*
	Absolute Beg. Yoga 7:15pm – 8:15pm CHRISTINE *(Multi 4)*	**Yoga Flow and Restore** 7:15pm – 8:15pm SARA *(Gym)*	**Tai Chi & Qigong** 7:00pm – 8:15pm NONA *(Hall B)*
	Sound and Stillness: **A Meditative Sound Bath** 8:30pm – 9:00pm CHRISTINE *(Multi 4)*		**Pilates (All Levels)** 7:15pm – 8:15pm LILIYA *(Gym)*

IF YOU ARE LOOKING FOR…	RECOMMENDED CLASS
I'm completely new to yoga and want to learn the basics.	**Absolute Beginner Yoga**
I want a gentle, slower-paced class that supports flexibility and relaxation.	**Gentle Yoga**
I enjoy movement and want a more active, flowing yoga practice.	**Yoga Flow**
I want to combine movement with mindfulness and stress reduction.	**Yoga & Meditation**
I enjoy movement but also want time to deeply relax and restore.	**Yoga Flow & Restore**
I want gentle, meditative movement that improves energy, balance, and overall well-being.	**Qigong**
I want slow, flowing movements that improve balance, coordination, focus, and relaxation.	**Tai Chi & Qigong**
I want to build core strength, improve posture, and increase overall body strength and stability.	**Pilates (All Levels)**
I want to reduce stress, quiet my mind, and develop greater presence and awareness.	**Meditation & Mindfulness**
I want to deeply relax, unwind, and experience the soothing effects of sound and stillness.	**Meditative Sound Bath**

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