

# Holistic Center

# Winter

Updated 1/16

MONDAY		TUESDAY		WEDNESDAY	
7:00-9:00	Quiet Space	8:15-9:15	Quiet Space	7:00 - 9:00	Quiet Space
9:00-9:55	Pilates Sue	9:15-10:30	Vinyasa Ledys	9:30-10:30	NIA Ledys
10:00-11:00	Blissful Body Ballet Christine	10:45-11:45	Yoga Off the Floor Robin	10:40-11:40	Restore & Reflect Paula/Ledys
11:15-12:30	Multi-Level Yoga Erin	12:00-1:15	Essential Yoga Megan	12:00-1:00	Qi Qong Fred
12:40-1:40	Qi Qong Fred	2:00-4:00	Pranic Healing Clinic Pam	1:1 -2:15	Yoga Off the Floor Robin
4:00-5:00	Pilates Sue	4:30-5:30	Essential Yoga Erin	4:30-5:30	Yogalates Sue
5:30-6:45	Multi-Level Yoga Erin	5:40-6:55	Pre-Natal** Fee Required Ledys	7:00-8:00	Multi-Level Yoga Erin A.
7:00-8:15	Restorative Yoga Erin	7:00-8:30	Entering Stillness Joshua		
7:00-8:15 3rd Mon.	Peaceful Living Series Dr.Myers/Dr. Nelson				

THURSDAY		FRIDAY		SATURDAY	
8:00-9:00	Quiet Space	8:30-9:45	Restorative Yoga Ledys	9:00-10:15	Integral Yoga Lani
9:15 10:30	Essential Yoga Ledys	10:00-11:00	Yogadance** Fee Required Christine	10:30-11:30	Pilates Sue
10:45-12:00	Vinyasa Ledys	11:15-12:15	Kundalini Yoga Christine	11:45-12:30	Yoga Movement & More Kids 7-9yr. Megan
12:00-2:00	Chronic Illness Group** Dr. Barbara Edwards	2:00- 3:00	Qi Qong Fusion Jeanette	12:45-1:30	Yoga Movement & More Kids 10-13yr. Megan
5:00-6:00	Pilates Shea	3:30 - 5:00 2nd Fri.	Reiki Clinic Jeanette		
6:15-8:15 1st Thur.	Healthy Family Series Dr. Zacherl			<b>SUNDAY</b>	
2nd Thur.	Eden Energy Medicine Jennifer			1:00-2:00	Belly Dance Joyce
4th Thur.	Mommy & Baby Group Lorraine				

\*\*Requires Registration

***Schedule Subject to Change.  
Check out [www.ymcaerie.org](http://www.ymcaerie.org) for most current schedule update.***



