

# Holistic Center

# Summer

Updated 7/1/13

MONDAY		TUESDAY		WEDNESDAY	
8:15 - 9:15	Adult Dance Discovery Alexa	8:15 - 9:00	Quiet Space	8:15 - 9:15	Quiet Space
9:30 - 10:30	NIA Ledys	9:15 - 10:30	Vinyasa Ledys	9:30 - 10:30	Restore & Reflect Paula/Ledys
10:45 - 12:00	Gentle Yoga Ann Marie	10:45 - 11:45	Choga Robin	10:45 - 12:00	Gentle Yoga Ann Marie
12:15 - 1:00	Qi Qong Cheryl	12:15 - 1:00	Time Out Robert	12:15 - 1:15	Qi Qong Cheryl
3:30 - 4:15	Dance Team Alexa	1:30 - 4:15	Quiet Space	1:15 - 2:15	Choga Robin
4:30 - 5:15	Quiet Space	4:30 - 5:30	Vinyasa	4:15 - 5:30	<b>Pranic Healing Clinic +</b> July 3,17,31 Pam
5:30 - 6:45	Multilevel Erin	5:45 - 7:00	Pre-Natal*** L edys/ Erin	4:15 - 5:30	<b>Sacred Chanting +</b> July 10, 24 Pam
7:00 - 8:15 <b>1st Mon.</b>	<b>Injury Prevention</b> July 1 Dr Rita Capaccio	7:15 - 8:45	<b>Entering Stillness +</b> Joshua	5:40 - 6:50	Pilates Shea
7:00 - 8:15 <b>3rd Mon.</b>	<b>Peaceful Living Series +</b> July15 Dr Myers/ Nelson			7:00 - 8:15	Multilevel Yoga Erin
THURSDAY		FRIDAY		SATURDAY	
9:15 - 10:30	Essential Yoga Ledys	8:30 - 10:00	Restorative Yoga Ledys	9:00 - 10:15	Integral Yoga Lani
10:45- 12:00	Presence & Purpose Jennifer	10:30 - 11:30	<b>Breath Work ***</b> July 19, 26 Pam **		
12:15 - 2:15	Chronic Illness Group** Dr. Barbara Edwards	12:15 - 1:15	<b>Qi Qong Fusion +</b> Jeanette	<b>Sunday</b> 4:00 - 6:00	<b>Room is reserved for private session</b>
2:30 - 5:15	Quiet Space	1:30 - 3:30	Quiet Space		
5:30 - 6:15	Pilates Erin	3:30 - 5:00 <b>2nd Fri.</b>	<b>Reiki Clinic +</b> New session in the Fall	<b>Workshop</b>	
6:30 - 8:00	Restorative Yoga Erin	6:45 - 8:45 <b>1st Fri.</b>	<b>Reiki Healing Circle +</b> New session in the Fall	Registration is required Summer Retreat Sat, July 20***	
8:05- 10:00	<b>Room is reserved for private session</b>	6:45 - 8:45 <b>3rd &amp; 4th Fri.</b>	<b>Meditation &amp; Philosophy +</b> July 19, 26 Robert		

Please Notice:  
 Classes marked with \*\*\* have a Special Fee  
 Classes marked with \*\* require Registration  
 Classes marked BOLD+ are Free/Open to the Community

**Schedule Subject to Change.**

Check out [www.ymcaerie.org](http://www.ymcaerie.org) for most current schedule update.