

Holistic Center

WINTER

Updated 12/1/14

MONDAY		TUESDAY		WEDNESDAY	
9:30 - 10:30	NIA Ledys	8:00 - 9:00	Quiet Space	7:30 - 9:30	Quiet Space
10:45 - 12:00	Gentle Yoga Abi	9:15 - 10:30	Mellow Flow Yoga Ledys	9:40 - 10:30	Yoga/Pilates Ellie
12:15 - 1:00	Qi Qong Cheryl	10:45 - 11:45	Choga Yoga Robin	10:45 - 12:00	Gentle Yoga Erin
1:15- 2:15	Weight Management/ EFT Ilana	12:00 - 1:00	Reflect, Restore & Energize Ledys/Josh	12:15 - 1:15	Qi Qong Cheryl
2:30 - 5:15	Quiet Space	1:30 - 5:00	Quiet Space	1:15 - 2:15	Choga Robin
5:30 - 6:45	Multilevel Yoga Christine	5:15 - 6:30 OP	Prenatal Yoga*** ** Ledys/Erin	4:00 - 5:30 OP	Pranic Healing Clinic Dec 3,17 Pam
7:00 - 8:15 OP 1st Monday	Quiet Space	6:45 - 8:00	Restorative Yoga Erin	4:00 - 5:30 OP	Sacred Chanting Dec.10th Pam
7:00 - 8:15 2nd Monday	Quiet Space			5:40 - 6:50	Pilates Shea
7:00 - 8:15 OP 3er Monday	Peaceful Living Series Dec.15 / Dr Myers/ Nelson			7:00 - 8:15	Multilevel Yoga Jennifer
7:00 - 8:15 OP 4th Monday	Introduction to Meditation Dec.22 / Robert	FRIDAY		SATURDAY	
THURSDAY		8:30 - 10:00	Restorative Yoga Ledys	9:30 - 10:45	Integral Yoga Jennifer
9:15 - 10:30	Essential Yoga Ledys	10:45 - 12:00	Gentle Yoga Abi	11:00 - 12:15	Yoga for Athletes Jennifer
10:45 - 12:00	Quiet Space	12:15 - 1:15 OP	Qi Gong Fusion Jeanette	12:30 - 1:30 OP	Youth Yoga***Age 7 - Up years **Abi
12:15 - 1:15OP	Weight Management/ EFT Ilana	6:00 - 8:00 OP 1st Fri.	Basic Energy Healing class \$ Dec 5 /Jeanette	KIDDING AROUND YOGA SPECIAL CLASSES KAY @ The YMCA !!!! FREE & OPEN TO THE PUBLIC** THURSDAY, DECEMBER 4TH @ 10:45 MOMMY&ME / 2-4 THURSDAY, DEC. 4TH @ 4:00PM.....AGE 5-7	
1:30 - 5:00	Quiet Space	2:00 - 3:30 OP 2nd Fri.	Reiki <u>HANDS</u> Treatments \$ Dec 12/ Ledys/Erin		
5:30 - 6:45	Mellow Flow Yoga Jennifer	6:00 - 7:30 OP 2nd Fri.	Introduction to Meditation Dec.12 / Robert		
7:00 - 9:00 OP	A Course In Miracles OP Jamie/Joshua	6:30 - 8:00 OP 3er Fri.	Reiki Treatments Clinic \$ Dec.19 /Jeanette		
		4:45- 5:45 OP 1st ,2nd, 3er Fri.	Qi Gong Dec 5,12,19 /Cheri		
		5:00 - 6:30OP 4th Fri.	Natural Alt. Energy Healing \$ Dec 26 /Cheri		

Programs with \$ sign require donation
 Classes marked with *** have a Special Fee
 Classes marked with ** require Registration
 Classes marked OP are Free/Open to the Community

Schedule Subject to Change.

Check out www.ymcaerie.org for most current schedule update.

