

Holistic Center

March

MONDAY		TUESDAY		WEDNESDAY	
9:30 - 10:30	Yogalates Ellie	9:15 - 10:30	Mellow Flow Yoga Ledys	8:30 - 9:15	Pilates Ellie
10:45 - 12:00	Gentle Yoga Pat	10:45 - 11:45	Choga / Level 2 Robin	9:30 - 10:30	NIA Ledys
12:15 - 1:15	Qi Qong Cheryl	12:00 - 1:00	Wellness For Life** Restorativa Yoga Starts March 21 / Ledys	10:45 - 12:00	Gentle Yoga Tia
1:30 - 2:30	Weight Management/EFT • Ilana	2:00 - 4:00	Quiet Space/ Meditation	12:15 - 1:15	Qi Qong Cheryl
2:45 - 4:15	Quiet Space / Meditation	4:15 - 5:15	Irish Dance** Age 10 - 15 March 7 - 28 / Alexa	1:30 - 3:30	Quiet Space/ Meditation
4:30 - 5:00	YMCA Daycare Program Teresa	5:30 - 6:30	Pilates Erin	4:00 - 5:00	KAY Yoga **• Age 5-8 Ledys/Lisa
5:30 - 6:45	Gentle Yoga Tia	6:45 - 8:00	Satya Yoga Jen	5:30 - 6:45	Gentle Yoga Tia
7:00 - 8:15	Bliss Flow Yoga Susan				
THURSDAY		FRIDAY		SATURDAY	
8:00 - 9:00	Quiet Space/ Meditation	8:30 - 10:00	Restorative Yoga Ledys	8:30 - 9:20	Pilates Erin
9:15 - 10:30	Essential Yoga Ledys	10:30 - 11:45	Gentle Yoga Staff	9:30 - 10:45	Integral Yoga Jennifer
10:45 - 11:45	Wellness for Life**• Choga Tia	12:00 - 12:55	Qi Qong• Mary	11:00 - 12:15	Yoga for Athletes Jennifer
12:00 - 12:45	Choga / Level 1 Robin	1:00 - 1:30	8 Pieces of Broadcate • Mary		
1:30 - 2:30	Weight Management / EFT• Ilana	5:00 - 6:00	Holistic Energy Reiki Clinic• Jeanette	SUNDAY	
2:30 - 4:15	Quiet Space/ Meditation	1st week		10:15 - 11:30	Gentle Yoga Abi
4:30 - 5:00	YMCA Daycare Program Teresa	2nd Week		11:30 - 12:15	Restorative Yoga Abi
5:30 - 6:45	Wellness for Life**• Gentle Yoga Tia	5:00 - 6:30 3rd week	Holistic Energy Reiki Clinic• Cheri	12:30 - 2:00	Meditation 101**• Robert
7:00 - 9:00	Living the Course In Miracles• Jamie/Joshua	5:00 - 6:30 4th week	Holistic Energy Reiki Clinic• Cheri		
		7:00 - 8:00	Quiet Space/Meditation		

****Registration Required**
Additional Fee May Be Applicable

•Open to the Community

Schedule Subject to Change
Updated 3/1/2017

