

**Exercise Schedule September-November 2010**

**Mondays:** [Sept 13-Nov 1](#)

Senior Yoga (8 weeks)

12:30p.m. Fee: \$88

Pilates (8 weeks)

4:45 p.m. Fee: \$80

Yoga (8 weeks)

6:00 p.m. Fee: \$88

Prenatal Yoga (8 weeks)

7:30p.m. Fee:\$88

**Tuesdays:** [Sept 14-Nov 2](#)

Yoga For Seniors (8 weeks)

12:30p.m. Fee: \$88 **FULL**

Prenatal Yoga (8 weeks)

5:30 p.m. Fee: \$88

Easy Tai Chi (8 weeks)

7:15p.m. Fee: \$80

**Next session  
begins  
Nov 2010!  
Registration  
open  
Mid-October**

**Wednesdays:** [Sept 15-Nov 3](#)

Gentle Yoga (8 weeks)

9:45 a.m. Fee: \$88

Pilates (7 weeks) **\*skips 10/2010**

12 noon Fee:\$70

Yoga (8 weeks)

5:45 p.m. Fee: \$88

Prenatal Yoga (8 weeks)

7:15 p.m. Fee: \$88

**Thursdays:** [Sept 16-Nov 4](#)

Senior Yoga (8 weeks)

9:45a.m. Fee: \$88

Beyond Recovery: Yoga For Cancer Survivors (6 weeks)

5:00 p.m. Fee: \$66 **\*skips 10/14 & 10/21/10**

Pilates Express (7 weeks) **\*skips 10/21/10**

6:30 p.m. Fee: \$49

Yoga (8 weeks)

7:15 p.m. Fee: \$88

Sahaja Meditation (7 weeks) **\*skips 11/4/10**

7:00 p.m. **FREE CLASS! DROP IN!**

**Fridays:** [Sept 17-Nov 5](#)

Yoga (8 weeks)

9:45 a.m. Fee: \$88

**Saturdays:** [Sept 11-Nov 6](#)

Easy Tai Chi/Qi Gong blend (7 weeks)

11:00 a.m. Fee:\$70 **\*skips 9/25 & 10/9/10**