



# Spring Schedule

## REGULAR CLASSES

*\$12 each; multi-class discounts available*

### MONDAY

6:00-7:00 pm	All-Levels Flow	Kathryn
7:30-8:30 pm	Pilates-Inspired Core Fusion	Robyn

### TUESDAY

4:30-5:45 pm	Restorative Yoga	Laurie
6:00-7:00 pm	Hatha Yoga	Chris

### WEDNESDAY

6:00-7:00 pm	All-Levels Flow	Kathryn
7:30-8:30 pm	Mat Pilates	Laurie

### THURSDAY

5:30-6:30 pm	Pilates-Inspired Core Fusion	DJ
7:00-8:00 pm	Intermediate Flow	Katharine M

### FRIDAY

6:00-7:00 am (May 11-June 15)	Sunrise Flow	Chris
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### SATURDAY

9:00-10:00 am	Mat Pilates	Laurie
10:15-11:30 am	Restorative Yoga	Laurie

### FIRST SUNDAY OF THE MONTH

10:30 am	Yoga for Vets	Chris
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*(free for active-duty military and vets; others welcome with donation\* as space permits)*

## WORKSHOPS

<b>BEGINNER YOGA</b> Saturday, April 28 (\$20; no sign-up required)	Laurie 12 noon-2 pm
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\*Proceeds benefit Semper Fidelis Health and Wellness; no class cards/passes, please

EFFECTIVE APRIL 24, 2012  
(SUBJECT TO CHANGE)

### Whole Yoga Healthcare

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