



Spirit, Mind, & Body Schedule



Fall 2010

Creating programs that build healthy spirit, mind, & body for all

The classes below can be taken at any time using the new yoga system.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
7:30-8:15am					**Yoga 101-Mix
8:00-9:00 am				Intermediate Yoga - Linda	
8:30-9:30am					Outdoor Yoga-Mix Fall I only
9:15-10:30 am	Restorative Yoga - Linda				
10:30-11:15 am	**Yoga 101-Linda	Hatha Yoga - Linda			
10:30-11:30am			Vinyasa Flow Yoga - Linda		
5:30-6:15pm					
5:30-6:30 pm	Hot Yoga - Nancy		Vinyasa Flow Yoga - Nancy		
6:00-7:00pm				Hot Yoga - Denise	
6:30-8:15pm				*Yoga Run 101 - Jen & Denise Fall I only	
6:45-7:30pm			**Yoga 101-Laura		
6:45-8:00 pm		Restorative Yoga-Laura			



Classes with * are not included in the yoga package and require sign-up. Classes with ** are offered free of charged for full members.

Men are welcome to take classes offered at the Women's Center.

Note: Classes are subject to change.

Southington-Cheshire Community YMCAs

Revised 08/04/10

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YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Financial assistance available for qualifying individuals and families. The YMCA is a not-for-profit 501c(3) organization.

