

Mind Body Studio Schedule Winter 2012

Monday

9:30 AM	Power Yoga	Debbie Price
10:35 AM	*Experienced Pilates Mat	Jean Poland
Noon	Hatha Yoga	Leana Medina-Beltz
5:45 PM	*Intermediate Pilates Mat	Kayce Braendlin
7:00 PM	Vinyasa Yoga	Mike Repede

Tuesday

5:30 AM	Early AM Hatha Yoga	Shelley Sperling
9:20 AM	Hatha Yoga	Shelley Sperling
10:40 AM	*Experienced Pilates Mat	Kathy Rosenow
Noon	Vinyasa Yoga	Heather Ritenour
5:35 PM	Hatha Yoga	Debbie Lampi

Wednesday

9:30 AM	*Introductory Pilates Mat	Debbie Lampi
10:30 AM	*Intermediate Pilates Mat	Lori Lillienberg
11:45 AM	Power Yoga	Carolyn Isaak
5:30 PM	*Introductory Pilates Mat	Amy King
7:00 PM	Power Yoga	Paulette Baukol

Thursday

5:30 AM	Early AM Hatha Yoga	Leana Medina-Beltz
9:20 AM	Hatha Yoga	Carolyn Isaak
5:35 PM	*Experienced Pilates Mat	Kathy Rosenow
7:00 PM	*Pilates Mat Appetizer	Jean DeWitz

Friday

5:30 AM	Early am Power Yoga	Kris Barry
9:30 AM	Power Yoga	Heather/Debbi P.
11:00 AM	Yoga-lates	Debbie Lampi

Saturday

8:00 AM	Hatha Yoga	Deb Ganrude
9:30 AM	Drop in Pilates	Rotation
10:45 AM	Power Yoga	Heather/Carolyn

Sunday

4:30 PM	Gentle Yoga	Rotation
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**Requires pre-registration at Activities Desk*