



## EASTSIDE FAMILY YMCA | July 25th - July 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ACTIVE YOGA</b> Mindbody	9:00AM-10:00AM (Mind/Body) <i>Susan A.</i>  5:30PM-6:30PM (Mind/Body) <i>Kim S.</i>		5:45AM-6:45AM (Mind/Body) <i>Joan N.</i>  9:00AM-10:00AM (Mind/Body) <i>Joan N.</i>  5:30PM-6:30PM (Mind/Body) <i>Kim S.</i>				10:30AM-11:30AM (Mind/Body) <i>Eva K.</i>
<b>BODYBALANCE™</b> Mindbody	10:15AM-11:15AM (Mind/Body) <i>Danielle O.</i>					8:45AM-9:45AM (Mind/Body) <i>Brenda K.</i>	
<b>PILATES</b> Mindbody		9:30AM-10:15AM (Mind/Body) <i>Laurie K.</i>		9:30AM-10:15AM (Mind/Body) <i>Laurie K.</i>			
<b>GENTLE YOGA</b> Mindbody		11:00AM-12:00PM (Mind/Body) <i>Susan A.</i>		11:00AM-12:00PM (Mind/Body) <i>Joan N.</i>  5:30PM-6:30PM (Mind/Body) <i>Lauren B.</i>	9:00AM-10:00AM (Mind/Body) <i>Eva K.</i>		
<b>BODYBALANCE™</b> Studio		5:50PM-6:20PM (Mind/Body) <i>Danielle O.</i>					
<b>TAI CHI</b> Mindbody			6:45PM-7:45PM (Mind/Body) <i>Kelly N.</i>				
<b>POWER YOGA</b> Mindbody					4:30PM-5:30PM (Mind/Body) <i>Eva K.</i>		9:15AM-10:15AM (Mind/Body) <i>Eva K.</i>
<b>TAI CHI</b> Studio						11:30AM-12:30PM (Mind/Body) <i>Kelly N.</i>	



SCHOTTLAND FAMILY YMCA | July 25th - July 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GENTLE YOGA</b> Studio 3	12:00PM-1:00PM (Mind/Body) <i>Alyssa M.</i>		12:00PM-1:00PM (Mind/Body) <i>Daria M.</i>  6:45PM-7:45PM (Mind/Body) <i>Sandy P.</i>		8:00AM-9:00AM (Mind/Body) <i>Lisa F.</i>		
<b>ACTIVE YOGA</b> Studio 3	1:15PM-2:15PM (Mind/Body) <i>Alyssa M.</i>		1:15PM-2:15PM (Mind/Body) <i>Susan A.</i>		1:15PM-2:15PM (Mind/Body) <i>Kellie S.</i>	8:00AM-9:00AM (Mind/Body) <i>Susan A.</i>  10:30AM-11:30AM (Mind/Body) YMCA S.	
<b>BODYBALANCE™</b> Studio 3	6:15PM-7:15PM (Mind/Body) YMCA S.					9:15AM-10:15AM (Mind/Body) YMCA S.	
<b>QIGONG</b> Studio 2		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>			



MAPLEWOOD FAMILY YMCA | July 25th - July 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PILATES</b> Studio	5:30PM-6:15PM (Mind/Body) <i>Sheri D.</i>						
<b>GENTLE YOGA</b> Studio				9:15AM-10:15AM (Mind/Body) <i>Sandra K.</i>			
<b>ACTIVE YOGA</b> Studio					9:15AM-10:15AM (Mind/Body) <i>Daria M.</i>	8:15AM-9:15AM (Mind/Body) YMCA S.	9:30AM-10:30AM (Mind/Body) <i>Hannah G.</i>



CORNING FAMILY YMCA | July 25th - July 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ACTIVE YOGA Studio A		5:30PM-6:30PM (Mind/Body) <i>Deb L.</i>					



## BAY VIEW FAMILY YMCA | July 25th - July 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GENTLE YOGA (CHAIR)</b> Gym				8:30AM-9:15AM (Mind/Body) <i>Marianne A.</i>			



WESTSIDE FAMILY YMCA | July 25th - July 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GENTLE YOGA Group Exercise Studio							12:30PM-1:30PM (Mind/Body) <i>Julie M.</i>