



EASTSIDE FAMILY YMCA | September 5th - September 11th

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



SCHOTTLAND FAMILY YMCA | September 5th - September 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
QIGONG Studio 2		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>			
GENTLE YOGA Studio 3			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>		
ACTIVE YOGA Studio 3			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.	
BODYBALANCE™ Studio 3						9:15AM-10:15AM (Mind/Body) YMCA S.	



CORNING FAMILY YMCA | September 5th - September 11th

	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 | September 5th - September 11th

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



MAPLEWOOD FAMILY YMCA | September 5th - September 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GENTLE YOGA Studio				9:15AM-10:15AM (Mind/Body) <i>Sandra K.</i>			
ACTIVE YOGA 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>



NORTHWEST FAMILY YMCA | September 5th - September 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PILATES Aerobics Studio						10:30AM-11:30AM (Mind/Body) <i>LeeAnn M.</i>	



WESTSIDE FAMILY YMCA | September 5th - September 11th

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