

LifeCenter Plus Summer *Mind/Body/Soul* Schedule

June 1 – August 31, 2010

***No classes during the week of June 28-July 4, 2010**

	8:00 A.M.	8:30 A.M.	9:00 A.M.	9:45 A.M.	10:30 A.M.	11:15 a.m.	12:00	1:00 P.M.	2:00 P.M.	3:00 P.M.	5:30 P.M.	6:00 P.M.	6:30 P.M.	7:00 P.M.
MONDAY		8:30 – 10:00 Intermediate Yoga Gennie				11:15 – 12:45 Yoga Gennie			2:00 – 3:00 Qi Gong Dan	3:00- 4:00 Tai Chi Dan			6:00 – 7:00 Yoga Pilates Ann	
TUESDAY			9:30 – 10:30 Mat Based Pilates Brigid		10:40 – 11:30 Stretch Julie		12:00-1:30 * Pre/post Natal Yoga Nichole 6/8-7/29		2:00-2:45 Tai Chi for Arthritis Kathy		5:30 – 6:30 Power Yoga Marcia Level I & II			
WEDNESDAY		8:30 – 10:00 Intermediate Yoga Gennie			10:30 – 12:00 GentleYoga Carson		12:00 – 1:00 Tai Chi Dan						6:00-7:00 Mat Pilates w/props Brigid	
THURSDAY			9:30 – 10:30 Mat Based Pilates Brigid		10:40 – 11:30 Stretch Julie		12:00-1:30 *Pre/post Natal Yoga Nichole 6/8-7/29		2:00-2:45 Tai Chi for Arthritis Kathy			5:45-6:45 Fun Fusion Ann		7:00 – 8:30 Yoga Donna
FRIDAY	8:00 - 9:00 Qi Gong Dan		9:00 – 10:00 Tai Chi Dan			11:15 – 12:45 Yoga Patti					5:30 – 7:00 Power Yoga Carson Level III			
SATURDAY			9:00 – 10:00 Tai Chi Dan	10:00 – 11:00 Qi Gong Dan Conf. A	10:30 – 11:30 Mat Pilates Brigid									
SUNDAY														7:00 – 8:30 Yoga Nichole

Classes and Instructors are subject to change without notice

All classes are held in the mind/body/soul studio, except Saturday 10am Qi Gong, meet in Conference room A

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*REGISTRATION REQUIRED: class fee; minimum of 6 participants needed for class

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