

Mon June 06, 2016

12:00 pm	Sign Up Now	Yoga, Level 1 & 2	Dave Zyck	1 hour
7:00 pm	Sign Up Now	Transformational Breathwork (Premium Wellness Class)	Lauren Chelec Cafritz	1 hour & 30 minutes

Tue June 07, 2016

12:00 pm	Sign Up Now	Wellness Qigong	Mike Basdavanos	1 hour & 20 minutes
6:00 pm	Sign Up Now	Yoga Flow, All Levels	The Mindfulness Center	1 hour & 15 minutes
7:30 pm	Sign Up Now	Introduction to Meditation	Aurora Hutchinson	1 hour

Wed June 08, 2016

10:40 am	Sign Up Now	Tai Chi	Mike Basdavanos	1 hour & 20 minutes
12:00 pm	Sign Up Now	Gentle Flow Yoga	The Mindfulness Center	45 minutes
6:30 pm	Sign Up Now	Gentle Stretching Yoga	Jessie Norris Taylor	1 hour
7:30 pm	Sign Up Now	Nia Dance	Suzannah Weiss	1 hour

Thu June 09, 2016

11:00 am	Sign Up Now	Yoga, Level 1	Kendra Maher	1 hour
12:00 pm	Sign Up Now	Meditation	Mike Basdavanos	1 hour
6:00 pm	Sign Up Now	Introduction to Meditation	Aurora Hutchinson	1 hour
7:30 pm	Sign Up Now	Yoga and Alignment	James Foulkes	1 hour

Fri June 10, 2016

12:00 pm	Sign Up Now	Restorative Yoga for Low Back, Hip & Knee Pain	Deborah Norris, Ph.D.	1 hour
5:00 pm	Sign Up Now	Tai Chi and Qigong	Mike Basdavanos	1 hour & 30 minutes

Sat June 11, 2016

9:00 am	Sign Up Now	Mind-Body Yoga, Level 2	Deborah Norris, Ph.D.	1 hour
10:00 am	Sign Up Now	Meditation	Deborah Norris, Ph.D.	1 hour

Sun June 12, 2016

9:45 am	Sign Up Now	Yoga, Level 1 & 2	Dave Zyck	1 hour
11:00 am	Sign Up Now	Nia Dance	Suzannah Weiss	1 hour