

14 Week Winter Session

JANUARY 9–APRIL 14, 2012

Monday

7:15 – 8:30 AM
BETTER THAN
COFFEE YOGA
Ashleigh

9:00 – 10:30 AM
YOGA II
ANUSARA INSPIRED
Suzanne

10:45 – 11:45 AM
PILATES I/II
Toni

5:30 – 7:00 PM
YOGA I/II
ANUSARA INSPIRED
Suzanne

7:15 – 8:15 PM
PILATES I/II
Suzanne/Toni

Tuesday

10:30 – 11:45 AM
GENTLE YOGA
Suzanne

12:00 – 1:00 PM
YOGA FOR
LUNCH
Suzanne

5:30 – 6:45 PM
KUNDALINI
YOGA
Kate/Ashley

7:00 – 8:30 PM
INTRO TO
PRANA FLOW
Devon

Wednesday

9:00 – 10:30 AM
S-L-O-W FLOW
Devon

10:45 – 12:30 PM
ADVANCED
YOGA
PRACTICE
ANUSARA INSPIRED
Suzanne

5:30 – 6:30 PM
PILATES II
Toni

6:45 – 8:15 PM
VINYASA YOGA
SOME EXPERIENCE
SUGGESTED
Brienne/
Suzanne (Jan)

Thursday

9:00 – 10:30 AM
YOGA I
ANUSARA INSPIRED
Suzanne

10:45 – 11:45 PM
YOGA/PILATES
FUSION
Suzanne

5:30 – 6:50 PM
YOGA - MIXED
LEVEL
Veronica

Friday

9:00 – 10:30 AM
PRANA FLOW
LEVEL II
Devon

Saturday

9:00 – 10:30 AM
YOGA
MIXED LEVEL
Veronica/Ashleigh

11:15 – 12:30 PM
NIA
Ashley

Drop-in students and guests always welcome.
Special rates for seniors and students!

the center
A Yoga and Pilates Studio

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www.thecenterdowntown.org

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