



# Spirit, Mind, & Body Schedule

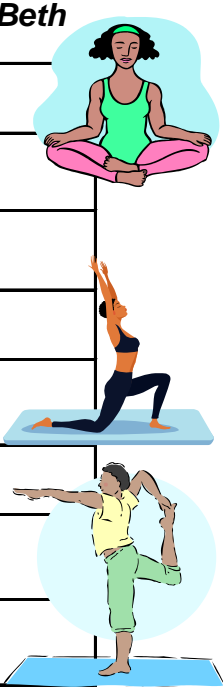


Fall 2010

*Creating programs that build healthy spirit, mind, & body for all*

**The classes below can be taken at any time using the new yoga system.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
7:30-8:15am					<b>**Yoga 101-Beth</b>
8:00-9:00 am				<b>Intermediate Yoga - Linda</b>	
8:30-9:30am					
9:15-10:30 am	<b>Restorative Yoga - Linda</b>				
10:30-11:15 am	<b>**Yoga 101-Linda</b>				
10:30-11:30am					
5:30-6:15pm					
5:30-6:30 pm	<b>Hot Yoga - Nancy</b>		<b>Vinyasa Flow Yoga - Nancy</b>		
6:30-7:30pm				<b>Hot Yoga - Denise</b>	
6:30-8:15pm					
6:45-7:30pm			<b>**Yoga 101-Laura</b>		
6:45-8:00 pm		<b>Restorative Yoga-Laura</b>			



Classes with \* are not included in the yoga package and require sign-up. Classes with \*\* are offered free of charged for full members.

**\*Men are welcome to take classes offered at the Women's Center.\***

**Note: Classes are subject to change.**

Southington-Cheshire Community YMCAs

**Revised 09/21/10**

29 High Street, Southington, CT 06489 [860-628-5597](http://860-628-5597) - [www.southington-cheshireymca.org](http://www.southington-cheshireymca.org)

**YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

Financial assistance available for qualifying individuals and families. The YMCA is a not-for-profit 501c(3) organization.





