

Holistic Center

January

MONDAY

8:30 - 9:20	Quiet Space/Meditation
9:30 - 10:30	Pilates Olga
10:45 -12:00	Gentle Yoga Pat
12:15 - 1:15	Qi Qong Cheryl
1:30 - 2:30	Weight To Go●● Ilana
3:45 - 4:25	Ballet/ Jazz* Lea
4:30 - 5:10	Ballet/Jazz* Lea
5:30 - 6:45	Aligment & Balance Yoga Abi

TUESDAY

8:15 - 9:00	Quiet Space/Meditation
9:15 - 10:30	Flow Yoga Ledys
10:45 - 11:45	Chair Yoga Level 1 Joy
12:00 - 1:15	Wellness For Life** Gentle & Restorative Yoga Ledys
3:30 - 5:00	Quiet Space/Meditation
5:30 - 6:30	Pilates Olga

WEDNESDAY

8:30 - 9:15	Pilates Olga
9:30 - 10:30	NIA Ledys
10:45 - 12:00	Gentle Yoga Tia
12:15 - 1:15	Qi Qong Cheryl
1:30 - 3:00	Restorative Yoga Julie
5:30 -6:45	Restorative Yoga Abi

THURSDAY

8:00 - 9:00	Quiet Space/Meditation
9:15 - 10:30	Essential Yoga Ledys
10:45 - 11:45	Chair Yoga Level 2 Tia
12:00 - 1:00	Wellness for Life** Chair Yoga Tia
1:15 - 3:00	Quiet Space/ Meditation
5:30 - 6:45	Wellness for Life** Gentle Yoga Tia
7:00 - 9:00	Living the Course In Miracles●● Jamie/Joshua

FRIDAY

8:30 - 10:00	Restorative Yoga Ledys
10:30 - 11:45	Gentle Yoga Susan
12:00 - 12:55	Qi Qong●● Mary
1:00 - 1:30	8 Pieces of Brocade ●● Mary
1:45 - 2:45	Quiet Space/ Meditation
3:00 - 4:30	Reiki Clinic Becki/Ledys
3:00 - 4:30	Reiki Clinic Sue/Ledys
5:00 - 6:30	Reiki Clinic Becki
5:00 - 6:30	Reiki Clinic Pat/Julie

SATURDAY

9:30 - 10:45	Gentle Yoga Staff
11:30 - 12:25	Contemporary Dance* Lea
12:30 - 1:30	Chromatic Dance* Lea

SUNDAY

10:45 - 12:00	Gentle Yoga Staff
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*Registration Required - Y Members Only

**Registration Required
Additional Fee May Be Applicable
Open to the Community

Schedule Subject to Change
Updated 1/1/19

●●Free & Open to the Erie Community