

# YOGA CENTRAL & \*YFCC WEEKLY SCHEDULE

<b>SUN</b>	<b>Multi-Level</b> 8:45–10:00 AM Becky Online/In-Person	<b>Prenatal</b> 10:30–11:30 AM Becky Online/In-person			
<b>MON</b>	<b>Multi-Level</b> 8:45–10:00 AM Becky Online/In-person		<b>Chair Series (6-wk sessions)</b> 11am-12pm Kathy In-person	<b>YFCC – Chair Class</b> 4:00–5:00 PM Pat Online	<b>Beginner/Gentle</b> 6:15–7:30 PM Antonette Online/In-person
<b>TUES</b>	<b>Yoga Foundation (4-wks)</b> 8:45–10:00 AM Katherine Online/In-person	<b>YFCC – Gentle Mat Class</b> 9:30–10:30 AM Various teachers Online	<b>YFCC - Chair Yoga</b> 10:15–11:15 AM Ana Online	<b>YFCC – Meditation</b> 10:45–11:15 AM Louise Online	<b>Core Yoga</b> 6:15–7:30 PM Becky Online/In-person
<b>WED</b>	<b>Weighted Warrior (NEW!)</b> 8:45–10:00 AM Katie Online/In-person		<b>T'ai Chi Chih (6-wk sessions)</b> 11am-12pm Janet In-person	<b>Extra Gentle Mat</b> 4:30–5:30 PM Ana Online	<b>Multi-Level</b> 6:15–7:30 PM Katie Online/In-Person
<b>THURS</b>		<b>Multi-Level</b> 9:30–10:45 AM Donna M Online		<b>Multi-Level</b> 4:30–5:45 PM Donna M Online	<b>Flow/Restorative</b> 6:15–7:30 PM Katie Online/In-person
<b>FRI</b>	<b>Core Yoga</b> 8:45–10:00 AM Becky Online/In-person	<b>YFCC – Chair Class</b> 9:30–10:30 AM <i>(alternate Fridays)</i> Karen Online	<b>YFCC – Gentle Mat Class</b> 10:15–11:15 AM Ana Online	<b>YFCC - Chair Class</b> 4:00–5:00 PM Pat Online	<b>Meditation Series (4-wk+/- sessions)</b> 6:00 –7:00 PM Katie Online/In-person
<b>SAT</b>	<b>Beginner/Gentle</b> 9:00–10:15 AM Kathy Online/In-person				<b>*Yoga for Cancer Care classes are ONLINE, for cancer survivors, patients, and caregivers</b>