

YOGA CENTRAL & *YFCC WEEKLY SCHEDULE

SUN	Multi-Level 8:45–10:00 AM Becky Online/In-Person	Prenatal Yoga 10:30–11:30 AM Becky Online/In-person			
MON	Multi-Level 8:45–10:00 AM Becky Online/In-person		Chair 6-wk Series 11 AM-12 PM (begins 8/29) Kathy In-person	YFCC – Chair Class 4:00–5:00 PM Pat Online	Beginner/Gentle 6:15–7:30 PM Antonette Online/In-person
TUES	Multi-Level (begins 9/13) 8:45–10:00 AM Katherine Online/In-person	YFCC – Gentle Mat Class 9:30–10:30 AM Various teachers Online	Baby & Me Yoga Storytime 10:15-11:30 AM (begins 9/13) Katherine & Miss Toni In-Person	YFCC - Chair Yoga - Ana 10:15–11:15 AM YFCC – Meditation - Louise 10:45–11:15 AM Online	Core Yoga 6:15–7:30 PM Becky Online/In-person
WED	Weighted Warrior 8:45–10:00 AM Katie Online/In-person		T'ai Chi Chih 6-wk Series 11:00 AM-12:00 PM (begins 9/14) Janet In-person		Multi-Level 6:15–7:30 PM Katie Online/In-Person
THURS		Multi-Level 9:30–10:45 AM Donna M Online		Multi-Level 4:30–5:45 PM Donna M Online	Flow/Restorative 6:15–7:30 PM Katie Online/In-person
FRI	Core Yoga 8:45–10:00 AM Becky Online/In-person	YFCC – Chair Class 9:30–10:30 AM (alternate Fridays) Karen	YFCC – Gentle Mat Class 10:15–11:15 AM Ana Online	YFCC - Chair Class 4:00–5:00 PM Pat Online	Meditation 4-wk Series 6:15 –7:15 PM begins 10/7 Katie Online/In-person
SAT	Beginner/Gentle 9:00–10:15 AM Kathy Online/In-person				*Yoga for Cancer Care classes designed for for cancer survivors, patients, and caregivers, but all are welcome!