

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-9:00 AM Hatha/Vinyasa Yoga Marlo/Moe	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Vinyasa Yoga Moe	8:30-9:15 AM Total Body Sculpt Marlo (on 3.15 & 3.29 only)	
9:30-10:30 AM Total Body Sculpt Olivia	9:30-10:30 AM Slow Flow Yoga Marlo/Moe	9:30-10:30 AM Gentle Yoga Sarah	9:30-10:30 AM Vinyasa Yoga Moe	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM Vinyasa Yoga Jim	9:30-10:30 AM Yoga Basics Mariana (except 3.16)
11:00-12:00 PM Gentle Yoga Sarah	11:00-12:00 PM Vinyasa Yoga—Moe Chair Yoga—Monica (downstairs)	11:00-12:00 PM Hatha Yoga Sarah	11:00-12:00 PM Breath-Centric Yoga Sairsha	11:00-12:00 PM Slow Flow—Mariana Chair Yoga—Moe (downstairs)	11:00-12:00 PM Slow Flow Yoga Jim	11:00-12:00 PM Gentle Yoga Mariana (Lacey on 3.16)
12:30-1:30 PM Hatha Yoga Sarah	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Vinyasa Yoga Moe	12:30-1:30 PM Vinyasa Yoga Lacey	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Power Yoga Lacey	12:30-1:30 PM Vinyasa Yoga Lacey
	1:35-2:00 PM Meditation Monica			1:35-2:00 PM Meditation Monica		
		4:00-5:00 PM Breath-Centric Yoga Sairsha	4:00-5:00 PM Breath-Centric Yoga Sairsha	4:00-5:00 PM Teen Yoga (11-15yrs) Sairsha (except 3.21 & 3.28) *Drop Ins Encouraged*	4:00-5:00 PM Breath-Centric Yoga Sairsha	
	6:00-7:00 PM Slow Flow Sarah	6:00-7:00 PM Total Body Sculpt Olivia		6:30-7:30 PM Tai Chi Peter [Registration Required]	 <div> McFetridge Wellness </div> March Weekly 2024	
	7:30-8:30 PM Restorative Yoga Sarah	7:30-8:30 PM Vinyasa Yoga Lacey		7:30-8:30 PM Tai Chi Peter [Registration Required]		



**New to yoga?
Or searching for some relaxation?**

Try these classes:

Chair Yoga
Gentle Yoga
Restorative Yoga

**Experienced in yoga?
Or looking for a more physical challenge?**

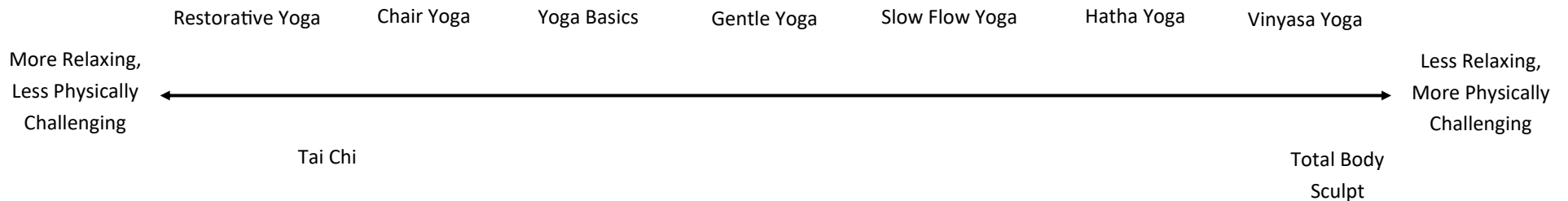
Try these classes:

Slow Flow Yoga
Hatha Yoga
Vinyasa Yoga

**Interested in class formats
other than yoga?**

Try these classes:

Total Body Sculpt
Tai Chi



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Membership Options

Drop-in
\$12

One Month
\$70

Two Months
\$120

Senior Discount (60+)
50% off