


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:15 AM Total Body Sculpt Marlo	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM OUTDOOR Slow Flow Yoga Moe	8:00-9:00 AM Vinyasa Yoga Moe	8:30-9:15 AM Total Body Sculpt Marlo	
9:30-10:30 AM OUTDOOR Hatha Yoga Sarah	9:30-10:30 AM Hatha-Vinyasa Yoga Marlo	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 OUTDOOR Vinyasa Yoga Jim	9:30-10:30 AM OUTDOOR Yoga Basics Mariana
11:00-12:00 PM Gentle Yoga Sarah	11:00-12:00 PM Slow Flow—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—Jim Gentle—Sarah/Moe (downstairs)	11:00-12:00 PM Gentle Yoga—Mariana OUTDOOR Slow Flow—Lacey
	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		
	5:30-6:30pm OUTDOOR Breath-Centric Yoga Sairsha	4:45-5:45PM Breath-Centric Yoga Sairsha	4:00-5:00 PM Youth Yoga (7-11yrs) Sairsha [Registration Required]	4:00-5:00 PM Teen Yoga (11-15yrs) Sairsha [Registration Required]	5:30-6:30pm Breath-Centric Yoga Sairsha	
		6:00-7:00 PM Total Body Sculpt Lacey		6:30-7:30 PM Tai Chi Peter [Registration Required]	 <p>McFetridge Wellness</p> <p>SEPTEMBER 2024</p>	
	7:30-8:30 PM Restorative Yoga Sarah/Moe	7:30-8:30 PM OUTDOOR Vinyasa Yoga Lacey		7:40-8:40 PM Tai Chi Peter [Registration Required]		



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

Try these classes:

- Yoga Basics
- Gentle Yoga
- Chair Yoga
- Restorative Yoga

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

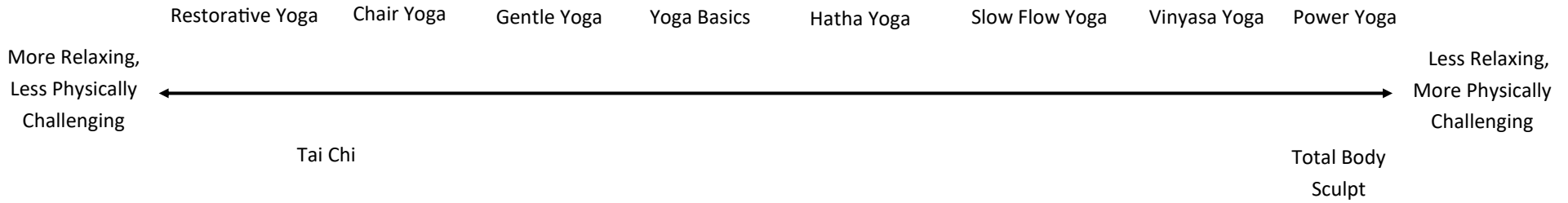
Try these classes:

- Slow Flow Yoga
- Hatha Yoga
- Vinyasa Yoga
- Power 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