

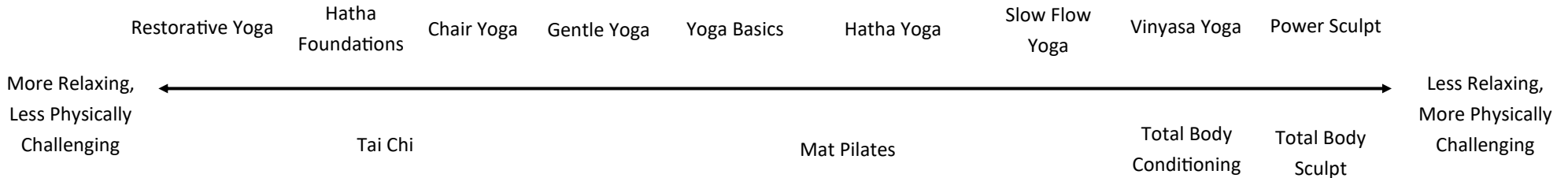
Sunday	Monday	Tuesday	Wednesday	Thursday*	Friday*	Saturday
	8:30-9:15 AM Total Body Sculpt Marlo (except 11.4 & 11.11)	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Vinyasa Yoga Moe	8:30-9:15 AM Total Body Sculpt Marlo (except 11.1 & 11.8)	
9:30-10:30 AM Hatha Yoga Sarah	9:30-10:30 AM Hatha-Vinyasa Yoga Marlo/Mariana	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
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 Hatha Foundations 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 Slow Flow—Lacey (downstairs, party room)
	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 Sculpt 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 Youth Yoga (7-11yrs) Sairsha [Registration Required]	4:00-5:00 PM Teen Yoga (11-15yrs) Sairsha [Registration Required]		
		4:45-5:45PM Hatha Foundations Sairsha		5:15-6:15 PM Mat Pilates Lacey	5:30-6:30pm Hatha Foundations Sairsha	
	6:00-7:00pm Hatha Foundations 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>WINTER '24-'25</p>	
	7:30-8:30 PM Restorative Yoga Sarah	7:30-8:30 PM 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
 Hatha Foundations
 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
 Total Body Conditioning
 Mat Pilates
 Tai Chi



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Membership Options

Drop-in \$12	One Month \$70	Two Months \$120	Senior Discount (60+) 50% off
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