

## Auburn Yoga & Pilates Center, Summer 2010 Schedule, 6/20-9/18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-6:45 AM <b>SPINNING</b> <sup>^</sup> w/ Mark/Jennifer	5:45-6:45 AM Pilates Mat w/ Jennifer	6-6:45 AM <b>SPINNING</b> <sup>^</sup> w/ Kris	6-6:45 AM <b>SPINNING</b> <sup>^</sup> w/ Jennifer	5:45-6:45 AM Strength/Conditioning w/ Kris	7-7:45 AM <b>SPINNING</b> <sup>^</sup> w/ Jennifer
8-9 AM <b>SPINNING</b> / Strength <sup>^</sup> w/ Jennifer	8:30-9:15 AM <b>SPINNING</b> <sup>^</sup> w/ Kris			9-9:45 AM <b>SPINNING</b> <sup>^</sup> w/ Jennifer		8:15-9:15 AM Power Yoga w/ Jennifer
9:30-10:30 AM Slow Flow Yoga w/ Jennifer	9:30-10:30 AM Yochi w/ Laurie	9-10 AM Yogalates w/ Jennifer	8:30-9:30 AM Pilates Mat w/ Tina	9:30-10:30 AM Yogalates w/ Laurie	9-9:45 AM Level 1 <b>SPINNING</b> <sup>^</sup> w/ Kris	8-9 AM Pilates Mat w/ Tina/Jamie
	10:45-11:30 AM SilverSneakers MSROM w/ Laurie	10:15-11 AM Level 1 <b>SPINNING</b> <sup>^</sup> w/ Jennifer	10:45-11:30 AM SilverSneakers MSROM w/ Donna	10:45-11:30 AM SilverSneakers MSROM w/ Laurie		9:30-10:15 AM <b>SPINNING</b> <sup>^</sup> w/ Jamie
	11:45-12:30 AM Yoga for Seniors w/ Laurie			11:45-12:30 AM SilverSneakers Yo Chi w/ Laurie		10:30-11:30 AM Strength/Conditioning w/ Katie
	12:45-1:30 PM SilverSneakers Tai Chi w/ Laurie		4:45-5:45 PM Kids Yoga (Ages 7-11) w/ Laurie <i>6 Week Session Registration Required</i>	12:45-1:45 PM Toddler Yoga** w/ Laurie <i>6 Week Session Registration Required</i>	4:45-5:30 PM <b>SPINNING</b> <sup>^</sup> w/ Jennifer	
<b>Kid Bday Parties Offered</b> <i>See website for details</i>	1:30-2:30PM Mom & Me Yoga/Pilates** w/ Laurie <i>6 Week Session Registration Required</i>				<b>Various Workshops offered on Fri PM</b> <i>See website for details</i>	<b>Various Workshops/ Kids Bday Parties offered on Sat PM</b> <i>See website for details</i>
	4:30-5:30 PM Strength/Conditioning w/ Jennifer		4:45-5:45 PM Slow Flow Yoga w/ Jennifer		<p><sup>^</sup>If you wish to attend a <b>SPINNING</b> class, it is strongly recommended that you reserve a bike through the link at <a href="http://auburnyogaandpilates.com">auburnyogaandpilates.com</a></p> <p><b>** Pre-registration is required for these six week session classes.</b></p> <ul style="list-style-type: none"> <li>The SUMMER sessions of six week, registration required classes begin the week of <b>JUNE 20th</b> and <b>AUGUST 8th</b>.</li> <li>Class size is limited. Register early to ensure that you get the class that you wish.</li> <li>If you wish to register you can register <a href="#">online</a>, or stop by the studio right before any of the scheduled classes.</li> </ul>	
	5:45-6:30 PM <b>SPINNING</b> <sup>^</sup> w/ Jennifer	5:15-6 PM <b>SPINNING</b> <sup>^</sup> w/ Mark	5:45-6:30 PM <b>SPINNING</b> <sup>^</sup> w/ Mark	5:45-6:30 PM <b>SPINNING</b> <sup>^</sup> w/ Mark		
		6-7 PM Pilates Mat w/ Michelle	6-7 PM Yogalates w/ Jennifer	5:45-6:45 PM Slow Flow Yoga w/ Jennifer/John	<p><b>CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE. Please check the website or call the studio to confirm that a class is being held.</b></p> <p>Please call (508-832-8177), or email <a href="mailto:Jennifer@auburnyogaandpilates.com">Jennifer@auburnyogaandpilates.com</a> if you have any questions pertaining to the schedule</p>	
	6-7 PM Intro to Yoga** w/ Ann <i>6 Week Session Registration Required</i>	6-7 PM Prenatal Yoga** w/ Ann <i>6 Week Session Registration Required</i>	6-7 PM Intro to Yoga** w/ Laurie <i>6 Week Session Registration Required</i>			
	7-8 PM Intro to Yoga & Pilates** w/ Donna <i>6 Week Session Registration Required</i>		7:15-8:15 PM Intro to Yoga & Pilates** w/ Jamie <i>6 Week Session Registration Required</i>			
		7:15-8:15 PM All Levels Yoga w/ Ann	7:15-8:15 PM Yochi w/ Laurie	7-8 PM Pilates Mat w/ Michelle		
	7-7:45 PM <b>SPINNING</b> <sup>^</sup> w/ Katie		7:15-8 PM <b>SPINNING</b> <sup>^</sup> w/ Michelle	7-7:45 PM <b>SPINNING</b> <sup>^</sup> w/ Katie		