

**DUE TO SPACE LIMITS, WE RECOMMEND PRE-REGISTERING FOR YOUR CLASS - NO REFUNDS WILL BE MADE**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
					Hatha Flow (ZOOM ONLY)* <b>9-10AM</b> w/Anne	Hatha Flow + Deep Stretch
Pilates Mat* Jill <b>9-10AM</b>	Vinyasa Flow* Beth <b>9-10:15AM</b>	Slow Flow* Jackie <b>9-10:15AM</b>	Yang/Yin Yoga* Beth <b>9-10:15AM</b>	Hatha Level 2/3 Rachel <b>9-10:15AM</b>	Vinyasa Level 2/3 Danielle <b>9-10:15AM</b>	Beth <b>9-10:15AM</b>
<b>NEW!</b> Bellydance+ Cardio Fusion* Jill <b>10:15-11:15AM</b>	Gentle / Seniors* Phoenix <b>10:45AM-12PM</b>	Tai Chi Steve <b>10:45-11:45AM</b>	Beginning Yoga* Phoenix <b>10:45AM-12PM</b>	Gentle / Seniors* Phoenix <b>10:45AM-12PM</b>	Zumba! Sierra <b>10-11AM</b> outside at Pinto Lake County Park	<b>NEW!</b> Medical Qi Gong* Margie <b>10:45-11:45AM</b>
		Beginning Yoga* Phoenix <b>12-1:15PM</b>			Hatha / Restorative <b>10:45AM-12PM</b> Paige	
<b>NEW!</b> Yoga en Español* Bea <b>6-7:15PM</b>	Hatha Moon Flow Paige <b>6-7:15PM</b>	Vinyasa Level 1/2* Jane <b>6-7:15PM</b>	Gentle and Restorative Yoga Elizabeth <b>6-7:15PM</b>			

\*indicates hybrid (in-person and ZOOM)

**ZUMBA! is OUTSIDE AT PINTO LAKE COUNTY PARK, 757 Green Valley Road  
Saturdays at 10AM with Sierra Joy Varela, \$10 drop-in or use a pass**

This schedule was updated on 2/23/22

