

► If studios are not in use, individual members are allowed to use the space. **Group use is forbidden**

(§) Additional fees for these classes

** Select dates offered for these classes. See back page.

	TIME & CLASS	INSTRUCTOR	STUDIO
MONDAY	7:00-8:00am	Richard's Yoga (§)	Spirit Studio
	8:30-9:30am	Body Sculpt- Bar Method	Aerobics Studio
	9:30-10:45am	Vinyasa Flow	Spirit Studio
	9:45-10:45am	Tai Chi**	Hot Yoga Studio
	12:15-1:15pm	Gentle Yoga	Spirit Studio
	1:00-1:45pm	Circuit (§)	Wellness Studio
	1:30-2:30pm	Feldenkrais	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (§)	Spirit Studio
	5:30-6:30pm	Zumba	Aerobics Studio
6:00-7:00pm	Richard's Yoga (§)	Aerobics Studio	
TUESDAY	7:00-8:00am	Richard's Yoga (§)	Spirit Studio
	8:30-10am	Hot Yoga	Hot Yoga Studio
	8:30-9:30am	Cycling	Aerobics Studio
	8:30-9:30am	Mat Pilates	Spirit Studio
	12:15-1:15pm	Richard's Yoga (§)	Spirit Studio
	4:00-5:00pm	Richard's Yoga (§)	Spirit Studio
	6:00-6:30pm	Stella's 30 Meditation	Spirit Studio
	6:35-7:35	Zumba	Spirit Studio
	5:30-6:30pm	Taekwondo- Lower Belts (§)	Aerobics Studio
6:30-7:30pm	Taekwondo- Upper Belts (§)	Aerobics Studio	
WEDNESDAY	7:00-8:00am	Richard's Yoga (§)	Spirit Studio
	8:30-9:30am	Body Sculpt- (advanced class)	Aerobics Studio
	9:30-10:45am	Multi Level Hatha Flow	Spirit Studio
	12:15-1:15pm	Gentle Yoga	Spirit Studio
	1:00-1:45pm	Circuit (§)	Wellness Studio
	1:30-2:30pm	Feldenkrais	Aerobics Studio
	4:30-5:30pm	SMAS Gymnastics (§)	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (§)	Spirit Studio
	5:30-6:30pm	Zumba	Aerobics Studio
	6:00-7:00pm	Richard's Yoga (§)	Spirit Studio

THURSDAY	7:00-8:00am	Richard's Yoga (\$)	Richard	Spirit Studio
	8:30-10am	Hot Yoga	Beverly	Hot Yoga Studio
	8:30-9:30am	Cycling- Heart Rate Monitor	Eva	Aerobics Studio
	8:30-9:30am	Mat Pilates	Hilarie	Spirit Studio
	12:15-1:15pm	Richard's Yoga (\$)	Richard	Spirit Studio
	4:00-5:00pm	Richard's Yoga (\$)	Richard	Spirit Studio
	5:30-6:45pm	Vinyasa Flow	Laurie	Spirit Studio
	5:30-6:30pm	Taekwondo- Lower Belts (\$)	Master & Mrs. Peterson	Aerobics Studio
	6:30-7:30pm	Taekwondo- Upper Belts (\$)	Master & Mrs. Peterson	Aerobics Studio
FRIDAY	7:00-8:00am	Richard's Yoga (\$)	Richard	Spirit Studio
	8:30-9:30am	Body Sculpt	Kira	Aerobics Studio
	9:30-10:45am	Multi Level Hatha Flow	Sandi/Danielle	Spirit Studio
	11am-12pm	Closed for Y Staff Workout	Liz	Aerobics Studio
	12:15-1:15pm	Gentle Yoga (low back focus)	Katherine	Spirit Studio
	1:00-1:45pm	Circuit (\$)	Ali	Wellness Studio
	4:00-5:00pm	Richard's Yoga (\$)	Richard	Spirit Studio
SAT	9:00-10:00am	Richard's Yoga (\$)	Richard	Spirit Studio
	10-11am	Zumba	Francesca	Aerobics Studio
SUN	4:30-5:45pm	Restorative Yoga**	Margie/Jenn/Olympia	Spirit Studio

Tai Chi will be offered on July 12, 19, 26. It will not be offered on July 5

Restorative Yoga will not be offered on July 4

(\$) \$25/month for Richard's Yoga (for members); Punchcards available (for non members)

(\$) \$15/month for Circuit (for members); \$40/month (for non members)

(\$) \$55/month for Taekwondo (for members); \$75/month (for non members)

Tuesday evening Vinyasa Flow & Circuit will not be offered in July & August, but both will be back in the fall... enjoy the short summer evenings & Ketchum Alive!

➤ Please contact Liz Clark, Fitness Director, for questions/comments:
928.6708 or lclark@woodriverymca.org