

MARCH 2010

Check online for class descriptions

www.woodriverymca.org

	TIME & CLASS		INSTRUCTOR	STUDIO
MONDAY	7:00-8:00am	Richard's Yoga (\$)	Richard	Spirit Studio
	8:30-9:30am	Cycling ++	Cynthia	Aerobics Studio
	9:30-10:45am	Vinyasa Flow	Karim	Spirit Studio
	9:45-10:45am	Tai Chi **	Michael	Aerobics Studio
	12:15-1:15pm	Gentle Yoga	Katherine	Spirit Studio
	1:00-1:45pm	Circuit (\$)	Ali	Wellness Studio
	1:30-2:30pm	Feldenkrais	John	Spirit Studio
	4:00-5:00pm	Richard's Yoga (\$)	Richard	Spirit Studio
	5:45-7pm	Spin & Core	Adam	Aerobics Studio
	6:00-7:00pm	Richard's Yoga (\$)	Richard	Spirit Studio
	7:00-8:00pm	Zumba	Monica	Aerobics Studio
TUESDAY	7:00-8:00am	Richard's Yoga (\$)	Richard	Spirit Studio
	8:30-10am	Hot Yoga	Beverly	Hot Yoga Studio
	8:30-9:30am	20/20/20 Body Sculpt	Chelsea	Aerobics Studio
	8:30-9:30am	Mat Pilates	Hilarie	Spirit Studio
	10-11am	Cycling	Cynthia	Aerobics Studio
	11am-12pm	Mommy Yoga	Olympia	Spirit Studio
	12:15-1:15pm	Richard's Yoga (\$)	Richard	Spirit Studio
	3:00-5:00pm	Sun Valley Ballet (\$)	SVB – 726.9876	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (\$)	Richard	Spirit Studio
	5:15-6:00pm	Circuit (\$)	Ali	Wellness Studio
	5:30-6:45pm	Vinyasa Flow	Laurie	Spirit Studio
	5:30-6:30pm	5-8yr Taekwondo (\$)	Master & Mrs. Peterson	Aerobics Studio
	6:30-7:30pm	9-15yr Taekwondo (\$)	Master & Mrs. Peterson	Aerobics Studio
7:30-8:30pm	Adult Taekwondo (\$)	Master & Mrs. Peterson	Aerobics Studio	
WEDNESDAY	7:00-8:00am	Richard's Yoga (\$)	Richard	Spirit Studio
	8:30-9:30am	Strength & Cycling ++	Cynthia	Aerobics Studio
	9:30-10:45am	Multi Level Hatha Flow	Tener	Spirit Studio
	11:30-12:45pm	Enduro-Burn (advanced)	Alex	Aerobics Studio
	12:15-1:15pm	Gentle Yoga	Katherine	Spirit Studio
	1:00-1:45pm	Circuit (\$)	Ali	Wellness Studio
	1:30-2:30pm	Feldenkrais	John	Spirit Studio
	3:00-3:45pm	Sun Valley Ballet (\$)	SVB – 726.9876	Aerobics Studio
	4:30-5:30pm	SMAS Gymnastics (\$)	SMAS – 720.4306	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (\$)	Richard	Spirit Studio
	5:45-7pm	Spin & Core	Eva/Cynthia/Gabby	Aerobics Studio
	6:00-7:00pm	Richard's Yoga (\$)	Richard	Spirit Studio
	7:00-8:00pm	Zumba	Monica	Aerobics 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	20/20/20 Body Sculpt	Chelsea/Kira	Aerobics Studio
	8:30-9:30am	Mat Pilates	Hilarie	Spirit Studio
	10-11am	Nia	Britta	Aerobics Studio
	12:15-1:15pm	Richard's Yoga (\$)	Richard	Spirit Studio
	2:15-5:30pm	Sun Valley Ballet (\$)	SVB – 726.9876	Aerobics Studio
	4:00-5:00pm	Richard's Yoga (\$)	Richard	Spirit Studio
	5:30-6:45pm	Vinyasa Flow	Laurie	Spirit Studio
	5:30-6:30pm	5-8yr Taekwondo (\$)	Master & Mrs. Peterson	Aerobics Studio
6:30-7:30pm	9-12yr Taekwondo (\$)	Master & Mrs. Peterson	Aerobics Studio	
7:30-8:30pm	13-Adult Taekwondo (\$)	Master & Mrs. Peterson	Aerobics Studio	
FRIDAY	7:00-8:00am	Richard's Yoga (\$)	Richard	Spirit Studio
	8:30-9:30am	Cycling ++	Eva	Aerobics Studio
	9:30-10:45am	Multi Level Hatha Flow	Lauri	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
	9:00-9:45am	SMAS Gymnastics	SMAS – 720.4306	Aerobics Studio
	10-11am	Zumba	Monica	Aerobics Studio
	11:30-12:45pm	Enduro-Burn (advanced)	Alex	Aerobics Studio
SUN	3:00-4:15pm	Restorative Yoga	Margie/Jenn/Olympia	Spirit Studio
	4:30-5:45pm	Restorative Yoga	Margie/Jenn/Olympia	Spirit Studio

► 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 below.

++ Call in starting at 6:30am to reserve a bike for this class

► Schedule is subject to change

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

Tai Chi Offered will not be offered on March 29th this month