

Centerville Yoga Summer 2010 Schedule (starting June 1st)

All Yoga on Wednesdays is now warm or hot !!

Centerville Yoga & Wellness, Bell Tower Mall, 1600 Falmouth Rd. Route 28, Centerville, MA,02632 ~ 508 775 1422

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | <p>6:30 – 7:45 am</p> <p>Rise and Shine Yoga Meredith (All Levels)</p> | <p>7:45 – 8:45 am</p> <p>Heated</p> <p>Yoga Sculpt One Hour Class Trish D (Level 2,3)</p> | <p>6:30 – 7:45 am</p> <p>Rise and Shine Yoga Kate A (All levels)</p> | <p>7:45 – 8:45 am</p> <p>Yoga Sculpt One Hour Class Trish D (Level 1,2)</p> | <p>NEW 8–9 am</p> <p>Pilates Lora (Level 1,2,3)</p> |
| <p>8:30 am</p> <p>Light Power Yoga Sherill D. (Level 2,3)</p> | <p>9:00 am</p> <p>Yin/Yang Yoga Maureen H. / Gillian (All Levels)</p> | <p>9:00am</p> <p>Yoga Flow Nicole J (Level 2, 3)</p> | <p>9:00am Warm</p> <p>Yin / Yang Yoga Maureen H (All Levels)</p> | <p>9:00am</p> <p>Graceful Yoga Flow Anna L. (Level 1,2)</p> | <p>9:00am</p> <p>Moderate Hatha Yoga Shauna (All Levels)</p> | <p>9:15 am</p> <p>Vinyasa Flow Yoga Sheri/Maureen (Level 2,3)</p> |
| <p>10:30–11:30 am</p> <p>ZUMBA Kim M–J. Ongoing Class (Level 1,2,3)</p> | <p>10:30 am</p> <p>Gentle Yoga Linda H. (Level 1)</p> | | <p>Switches time on July 7th to: 11:00am QI GONG Annemarie L on July 7th– August 4th. A 5 week series. Not Heated</p> | <p>10:30 am</p> <p>Gentle Yoga Linda (Level 1)</p> | <p>10:30 am</p> <p>NEW! KIDS YOGA AGES 5–9</p> <p>June 25th – Aug. 13th (1 hour)</p> | <p>10:45am</p> <p>PRENATAL YOGA Bethany what level</p> |
| | <p>4:15–5:30</p> | | <p>Currently at: 4:00 pm</p> | | <p>4:15 pm</p> | <p>PRIVATE YOGA SESSIONS Available</p> |

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| | Introduction to Power Yoga Chrissy P. (Level 1,2) | | QI GONG Annemarie L Until June 23rd and then switches time to 11am on July 7th. A 5 week series. Not Heated | | Community Yoga (\$8) Kate A. (All Levels) | \$75 FOR 75 MIN. |
| 5:45pm Restorative / Yin Yoga Jack A. (All Levels) | 5:30 pm Heated Power Yoga Chrissy P. (Level 2,3) | 5:15 pm Beginners Yoga Diane (Level 1,2) | 6:00 pm Heated Vinyasa Flow Yoga Sheri B. (Level 2,3) | 5:30pm Moderate Yoga Diane (Level 1,2) | Kind Yoga ~ Teacher Training ~ Diane K (selective dates) (Pre-Registration Required) | Hip Hop Yoga Classes coming this summer!! Ask About Dates! |
| | African Dance Starts again on June 21st - Aug 9 Returning Class 7 pm Tara M. | 6:45 -9:45 pm Kind Yoga ~ Teacher Training Diane K. (Pre-Registration Required) | 7:30 - 9 pm Buddhist Meditation Jason V. (All Levels) "Our Precious Human Life" 5/5 - 6/16. No class on 5/26 Not Heated | 7:00 pm Restorative /Yin Yoga Gillian H. (All Levels) | <u>Level 1:</u> Beginner <u>Level 2:</u> Intermediate <u>Level 3:</u> Intermediate / Advanced | |