



Centerville Yoga & Wellness 1600 Falmouth Rd. (Bell Tower Mall), Centerville, 508 775 1422

THROUGH Spring 2010 Yoga Schedule ~ NEW Yoga Memberships starting at \$79/month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30 am -7:45 Rise and Shine Yoga (B,I,A) Annika/Meredith		6:30 - 7:45 am Rise and Shine Yoga Kate A. (B,I,A)		New Class 8-9 am Pilates Lora (B,I,A)
9:00 am Light Power Yoga Sherill D. (B,I,A)	9:30 am Yin / Yang Yoga Maureen H. (B,I,A)	10:00AM Awakening the Spine (I,A) Alex	9:30 am Yin / Yang Yoga Maureen H. (B,I,A)	9:30am Graceful Hatha Flow Yoga Anna L. (I,A)	9.00am Moderate Hatha Yoga Shauna (B, I, A)	9:15 am Vinyasa Flow Yoga (B, I, A) Sheri/Maureen
10:30-11:30 am ZUMBA (Now On-going class!) Kim M-J.	11:00 am Gentle Beginners Hatha Yoga Linda (B,I)	12 pm Lunch Time Refresh & Renew Yoga Anna (B,I,A). 50 min \$12 drop in	11:00 am Hatha Yoga Tiffany H. (B,I,A)	11:00 am Gentle Beginners Hatha Yoga Linda (B,I)	10:30am Beginners Hatha Flow Tricia (B,I,)	10:45am PRENATAL YOGA Bethany (B,I,A)
4:15 pm Moving Meditation For Stress Reduction (Gillian) (B,I,A) 8 Week Series			4-5pm Qi Gong – FREE class on Feb. 24th. 5 Week series starts March 3 rd .	And goes until March 31st.	4:15pm Community Yoga Class (\$8) Kate A. (B, I, A)	PRIVATE YOGA SESSIONS \$75 FOR 75 MIN.
5:45pm Restorative /Yin Yoga Jack (B,I,A)	5:30 pm Ashtanga Yoga Deborah V. (I,A)	5:15 pm Beginners Hatha Yoga Diane (B,I)	6:00 pm Vinyasa Flow Yoga Sheri B. (I,A)	5:30pm Moderate Hatha Yoga Diane (B,I,A)	Kind Yoga Teacher Training – Diane (selective dates)	BELLY DANCING call to be added to the wait list (TBA)
African Dance FREE Class MONDAY March 15th 7-8pm	7 pm Nia Dance 6 Week Monday Series 1/18---2/22 With Jessica	Kind Yoga Teacher Training 6:45 -9:45 pm Diane K. Pre-Registration Required	7:30 pm – 9 pm New Buddhist Meditation Jason V. (B,I,A) Starts Jan 20 – Mar 3rd	7:00 pm Restorative Yin Yoga Gillian H. (B,I,A)	KEY B=Beginners I=Intermediate A=Advanced	African Dance 8 Week Series March 22nd to May 10th Mondays at 7pm