



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2012 SPECIALTY CLASSES

**For \$15/month/per member!**

*You can take any of our Specialty Classes at any time!  
Sign up at the Welcome Desk.*

**Monday 10:30am**

*Yoga and Breathing with Dawn*

**Monday 7:30pm**

*Flow Yoga with Bel*

**Tuesday 7:30pm**

*Advanced Pilates with Marcy*

**Wednesday 7:30pm**

*Flow Yoga with Bel*

**Friday 1:30pm**

*Yoga and Breathing with Dawn*

**Saturday 9:30am**

*YOGALATES with Marcy*

**Sunday 11:00am**

*Yogalates with Marcy*

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