



February 2012

Wednesday, February 1

8:15 am – 9:30 am Yoga
6:00 pm – 7:00 pm Pilates

Friday, February 3

1:30 pm – 2:30 pm Yoga

Saturday, February 4

9:00 – 10:15 am Yoga

Monday, February 6

6:00 pm – 7:00 pm Pilates

Wednesday, February 8

8:15 am – 9:30 am Yoga
6:00 pm – 7:00 pm Pilates

Friday, February 10

1:30 pm – 2:30 pm Yoga

Saturday, February 11

9:00 – 10:15 am Yoga

Monday, February 13

6:00 pm – 7:00 pm Pilates

Wednesday, February 15

8:15 am – 9:30 am Yoga
6:00 pm – 7:00 pm Pilates

Friday, February 17

1:30 pm – 2:30 pm Yoga

Saturday, February 18

9:00 – 10:15 am Yoga

Wednesday, February 22

8:15 am – 9:30 am Yoga

Friday, February 24

1:30 pm – 2:30 pm Yoga

Saturday, February 25

9:00 – 10:15 am Yoga

Monday, February 27

6:00 pm – 7:00 pm Pilates

Wednesday, February 29

8:15 am – 9:30 am Yoga
6:00 pm – 7:00 pm Pilates

Drop in fee \$10.

All levels are welcome to attend.
Classes are located in the Spa Solarium (by the pool). Weights and mats are provided.

Private classes are available.