



Downtown YMCA

Mind/Body

(schedule subject to change)
April 21-June 22, 2008



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15a				Yo- Cycle -60 Cristin Engineri		
6:30am	Yoga-lattes(60) Cristin Engineri		Yoga-lattes (60) Cristin Engineri		Yoga (60) Erin Lore	
9:15am						NIA (60) Michelle Monsour
12:10pm			**Pilates (40) Dixie Grimaldi Auxilliary Gym			
1:10pm	Yoga (40) Dixie Grimaldi		Yoga (40) Dixie Grimaldi			
1:00pm	Aqua Yoga (60)					
5:30pm		Yoga (60) Katy Barrett		Yoga (60) Katy Barrett	<i>Exercising may be the last thing you feel like doing after breast cancer surgery. All you want to do is rest. In the past, that is what physicians recommended. Research indicates that moderate exercise benefits the whole body and improves quality of life for breast cancer survivors. Classes with this symbol are suitable for those whose breast surgery was recent, or several years ago.</i>	
6:00pm	Pilates (60) Kara Dillow		Pilates (60) Kara Dillow			

