

YOGA CENTRAL & *YFCC WEEKLY SCHEDULE

SUN	Multi-Level 8:45–10:00 AM Becky Online/In-Person	Prenatal 10:30–11:30 AM Becky Online/In-person			
MON	Multi-Level 8:45–10:00 AM Becky Online/In-person			YFCC – Chair Class 4:00–5:00 PM Pat Online	Beginner/Multi-Level 6:15–7:30 PM (begins 9/13) Antonette Online/In-person
TUES		YFCC – Gentle Mat Class 9:30–10:30 AM Various teachers Online	YFCC – Meditation 10:45–11:15 AM Louise Online	Chair Yoga 3:00–4:00 PM Ana Online/In-person	Core Yoga 6:00–7:15 PM Becky Online/In-person
WED	Gentle/Focus on the Joints 8:45–10:00 AM Antonette Online/In-person			Wind Down Wed Med 4:30–5:30 PM Katie Online/In-person	Multi-Level 6:15–7:30 PM Katie/Kristiana Online/In-Person
THURS		Multi-Level 9:30–10:45 AM Donna M Online		Multi-Level 4:30–5:45 PM Donna M Online	Gentle Flow 6:15–7:30 PM Katie Online/In-person
FRI	Core Yoga 8:45–10:00 AM Becky Online/In-person	YFCC – Chair Class 9:30 AM (alternate Fridays) Karen/Online YFCC – Gentle Mat Class 10:15–11:15 AM/Ana Online		YFCC - Chair Class 4:00–5:00 PM Pat Online	Peace of Mind Meditation 6:00–7:00 PM Katie Online/In-person
SAT	Beginner/Gentle 9:00–10:15 AM Kathy Online/In-person				*Yoga for Cancer Care classes are ONLINE for cancer survivors, patients, and caregivers