

# Fall Elation Yoga Schedule

*Changes are indicated in blue*

Monday		
5:45-6:45AM	Vinyasa	<a href="#">Krista</a> - starting Sept 19
9:15-10:30AM	Vinyasa	<a href="#">Jane</a> – starting Oct 3
5:30-6:30PM	Basic Vinyasa	<a href="#">Jennifer</a> - starting Sept 19
6:45-7:45PM	Hips	<a href="#">Caroline</a> - starting Oct 3
8:00-9:00PM	Vinyasa	<a href="#">Caroline</a>
Tuesday		
5:45-6:45AM	Vinyasa	<a href="#">Donna</a>
7:00-8:00AM	Vinyasa	<a href="#">Donna</a>
10:30-11:45AM	Yoga with Baby (pre-registered)	<a href="#">Martha</a>
12:00-1:00PM	Hips	<a href="#">Martha</a>
1:30-2:30PM	Silver Seniors Yoga (pre-registered)	<a href="#">Cheryl</a>
6:00-7:00PM	Core Vinyasa (warm room) starting Sept 20	<a href="#">Jane</a>
7:15-8:15PM	Elation Hot Flow	<a href="#">Liz</a> - starting Sept 20
Wednesday		
5:45-6:45AM	Vinyasa	<a href="#">Donna</a>
7:00-8:00AM	Vinyasa	<a href="#">Donna</a>
9:30-10:30AM	Elation Hot Flow	<a href="#">Krista</a> – starting Sept 20
4:45-5:45PM	Hips	<a href="#">Jane</a> – starting Oct 5
6:15-7:30PM	Power	<a href="#">Liz</a> - starting Oct 5
8:00-9:00PM	Runners Yoga	<a href="#">Donna</a>
Thursday		
5:45-6:45AM	Vinyasa	<a href="#">Martha</a> - starting Sept 21
12:00-1:00PM	Hips	<a href="#">Donna</a>
6:00-7:00PM	Total Core Solution	<a href="#">Deb</a>
7:15-8:15PM	Yoga for Beginners (pre-registered)	<a href="#">Caroline</a>

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Friday		
5:45-6:45AM	Vinyasa	<u>Donna</u>
7:00-8:00AM	Vinyasa	<u>Donna</u>
9:15-10:30AM	Vinyasa	<u>Donna</u> - starting Oct 7
5:00-6:00PM	Elation Hot Flow	<u>Krista</u> - starting Sept 23
Saturday		
7:45-8:45AM	Hips	<u>Martha</u> – starting Oct 1
9:15-10:30AM	Vinyasa	<u>Martha</u> – starting Oct 1
11:00AM-12:00PM	Deep Stretch	<u>Donna</u> – starting Oct 1
Sunday		
8:00-9:00AM	Vinyasa	<u>Caroline</u>
9:30-10:30AM	Meditation (pre-registered)	<u>Caroline</u> or <u>Jane</u>
9:45-10:45AM	Family Yoga #1 (7-10 yrs) (pre-registered)	<u>Catherine</u>
11:00AM-12:00PM	Family Yoga #2 (3-6 yrs) (pre-registered)	<u>Catherine</u>
5:00-6:00PM	Pre-natal Yoga (pre-registered)	<u>Martha</u>
6:30-7:30PM	\$5.00 Vinyasa All levels	<u>Martha</u> - resuming Sept 10
7:45-9:00PM	Yoga for Fertility (pre-registered)	<u>Robyn</u>