



400 Commerce Drive Fort Washington, Pa 19034

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**Spring 2015** classes start March 20th \*pre registration is requested

Day	Time	Class	Teacher
<b>MONDAY</b>	8:15-9:15am	Hatha Yoga	Elizabeth
	9:30-10:30am	Pilates Mat	Stacey
	6:00-7:00pm	Flow Yoga	Kristen
	7:15-8:15pm	Gentle Yoga	Elizabeth
<b>TUESDAY</b>	7:00-7:45am	Morning Crunch Yoga (\$10)	Elizabeth
	9:30-10:30am	Yoga Basics	Amy
	12:05-12:50pm	Lunch Crunch Yoga (\$10)	Stacey
	5:45-6:45pm	Pilates Mat	Stacey
	7:00-8:00pm	Hatha Yoga	Stacey
<b>WEDNESDAY</b>	8:15-9:15am	Hatha Yoga	Elizabeth
	9:30-10:30am	Abs & Om	Stacey
	6:00-7:00pm	Flow Yoga	Stacey
	7:15-8:15pm	Restorative Yoga	Shoshanah
<b>THURSDAY</b>	7:00-7:45am	Morning Crunch Yoga (\$10)	Elizabeth
	9:30-10:30am	Flow Yoga	Stacey
	12:05-12:50pm	Lunch Crunch Pilates (\$10)	Wendi
	5:45-6:45pm	Yoga Basics	Stacey
	7:00-8:00pm	Hatha Yoga	Stacey
<b>FRIDAY</b>	9:30-10:30am	Hatha Yoga	Stacey
	12:05-12:50pm	Lunch Crunch Yoga (\$10)	Amy
	4:15-5:00pm	Yoga for Kids ages 6-9*	Amy
	5:15-6:15pm	Yoga for Kids ages 10 and up*	Amy
<b>SATURDAY</b>	8:45-9:45am	Flow Yoga	Stacey
	10:00- 11:00am	Fitness Pilates	Stacey
<b>SUNDAY</b>	9:30-10:25am	Gentle Flow Yoga	Elizabeth
	10:30-11:30am	Yoga Basics	Elizabeth
	11:45-12:45pm	Hatha Yoga	Elizabeth