



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLEXIBILITY
CORE FOCUS
RELAXATION

WESTFIELD YMCA YOGA SCHEDULE

MIND, BODY & SPIRIT SCHEDULE

Class	Day	Time	Instructor
Yoga Stretch	Mon./ Wed./Fri	*7:45AM	Heidi /Dan
Tai Chi Beginners	Mon./ Wed./Fri.	**11:00AM	Ellie
Tai Chi Progressive	Mon. /Wed./Fri.	**11:30AM	Ellie
Tai Chi & Fitness for Parkinson	Tuesday	*1:00PM	Ellie
Yoga	Mon.& Wed.	Noon Time	Michael
Yoga	Mon.& Wed.	6:30PM	Becky /Donna
Yoga	Tues.& Thurs.	7:00AM	Jackie
Stretch & Strengthen with Yoga	Tues.& Thurs.	8:30AM	Donna
Chair Yoga	Tues.& Thurs.	*9:45AM	Heidi
Chair Yoga	Tues. & Thurs.	*Noon time	Teri

Classes free to members

Tai Chi: Slow fluid movements to integrate mind & body
Non-members \$80.00 1 day per week for 8 weeks
Non-members \$140.00 2 days per week for 8 weeks
Classes are held in the GP Room