



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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**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