



**December  
2017**

# Group Yoga

provided  
by:



VOTED TRIAD'S BEST YOGA STUDIO 2014, 2015 and 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Class	2 9:15 AM – 10:15 AM Yoga Foundations (Jacqueline)
3 No Class	4 No Class	5 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Kelle) 7:00 PM – 8:00 PM All Levels (Rob)	6 No Class	7 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	8 No Class	9 9:15 AM – 10:15 AM Yoga Foundations (Rob)
10 No Class	11 No Class	12 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	13 No Class	14 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	15 No Class	16 9:15 AM – 10:15 AM Yoga Foundations (Murielle)
17 No Class	18 No Class	19 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	20 No Class	21 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	22 No Class	23 9:15 AM – 10:15 AM Yoga Foundations (Murielle)
24 YMCA CLOSED	25 YMCA CLOSED	26 YMCA OPEN at 12:00pm	27 No Class	28 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	29 No Class	30 9:15 AM – 10:15 AM Yoga Foundations (Rob)
31 No Class Y OPEN	Merry Christmas!	No Classes				

Yoga Foundations on Saturday mornings will cover alignment principles and foundations so the student gets to know their own personal body, and how it moves through the physical yoga postures. Students will be given one on one attention and hands on adjustments to learn proper alignment of the postures. Connection to the breath within each pose will be acknowledged and embraced. No previous experience necessary.