



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA & PILATES

NORTHWEST FAMILY YMCA

YOGA & PILATES

EFFECTIVE Jan 1, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 AM	Yoga Stephanie	Restorative Yoga Christine 8:30-9:30am	Pilates Georgina	Yoga Erin	Yoga Stephanie	7:45-8:30am Breathing/Med
9:00-10:15 AM				Restorative Yoga Erin		8:30-9:30 AM Yoga Stephanie
9:15-10:30 AM	Advanced Yoga Erin		Advanced Yoga Christine		Advanced Yoga Erin	9:30-10:30 AM Pilates Georgina
9:30-10:30 AM		Vinyasa Flow Suzanne				
10:45-11:45 AM		10:45-11:30 AM Little Dancers ^	AOA Yoga Sharon		10:45-11:30 AM Little Dancers ^	10:45-12:00 PM Tai Chi Louis
12:00-12:45 PM	Pilates Rene		12:00-1:00 PM Mid-Day Yoga Sharon		Deep Core Pilates Melissa	SUNDAY Yoga Christine 1:30-2:45 pm
4:30-5:15 PM	Little Dancers ^					
5:15-6:00 PM			Little Dancers ^			
6:00-7:00 PM	Yoga Bobbie	LIVESTRONG at the Y (Cancer survivors) registration required	Pilates Bobbie	LIVESTRONG at the Y (Cancer survivors) registration required		
7:00-8:00 PM		6:00-7:15pm	Yoga Erin	6:00-7:15pm		

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^ Registration required, no fee for members

The **Mission of the YMCA of Austin** is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.