

New Yoga Location & Schedule Beginning April 16th, 2012



Classes held at Powder House Village School Age Center

When you turn into the Y, take an immediate right where the Institution for savings is, our preschool and the School Age Center is the 3rd door.
Please Park in the YMCA Parking lot.

Monday:	6:00 am -7:00	Sunrise Yoga	Ann
Saturdays:	8:00 am - 9:15	Kripalu Yoga	Ann
	9:30 am – 10:30	Yoga for all	Ann
Sundays:	9:30 am -10:30	Yoga Fit	Heather

These classes will be held in the Teen center when you walk into town hall you take a right and it's down the stairs and to the left.
Classes that are held in the Gymnasium are on the first floor as you walk into Town Hall.

Morning and Evening Classes at Town Hall:

Monday	7:00 pm - 8:15pm	Kundalini Yoga	Teen Center	Jessie
Tuesday:	8:15 am - 9:30am	Hatha Yoga	Gym	Michelle
	5:45pm - 7:00pm	Power Yoga	Teen Center	Jemma
Wednesday:	9:00 am -10:15	Kundalini Yoga	Gym	Jessie
	6:00 pm - 7:15pm	Yoga for all	Teen Center	Heather
Thursdays:	10:00 am -11:00	Gentle Stretch	Gym	Brenda R.
	6:30 pm - 7:30	Yoga Basics	Teen Center	Ann
Friday:	9:00 am - 10:15	Kundalini Yoga	Gym	Jessie

(Last class for Friday Kundalini will be April 20th for the summer)