

Lily Pond Heated Yoga Schedule

January 2- February 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:30							
7:00							
7:30	7:45-8:45AM			8:00-9:15AM		8:00-9:15AM	
8:00	Yogalates			How To Yoga		How To Yoga	
8:30	Becky			Emily		Emily	
9:00		9:00-10:00 AM			9:30-10:30 AM		
9:30	9:00-10:00 AM	Heated Vinyasa	9:30-10:30		Yoga for		
10:00	NIA	Denyse	Yogalates		Arthritis and		
	Meg		Kristin		Injuries		
10:30					Lindsey		
11:00							
11:30		11-11:45 AM					
12:00		Full Body Yoga					
12:30		Emily					
1:00							
1:30							
2:00							Advanced Karate
2:30							2:00 PM
3:00							
3:30							
4:00	4:00-5:00						
4:30	Heated						
5:00	Power Hour						
	Lindsey						
5:30							
6:00		6:00-7:15PM					
6:30		Heated Vinyasa					
7:00		Hanna	6:45-7:45 PM				
7:30			Full Body Yoga				
8:00			Emily				
8:30							
9:00							

Classes heated at 90 degrees, unless specified.

*Unheated class

Visit our Website: penbaymca.org for current schedules