

Lily Pond Yoga & Speciality Class Schedule

Yoga Participants: Please arrive 10 minutes prior to start time for yoga classes to ensure a positive experience for all participants. The door will be locked at the start of class to protect participants belongings. Passes for Heated Yoga should be purchased in advance at the front desk or online. We hope to see you at class!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 - 8:45AM Yogalates Becky		8:00 - 9:15AM How to Yoga Emily		8:00 - 9:15AM How to Yoga Emily		
9:00-10:00AM Nia Meg	9:00-10:00AM Heated Vinyasa Denyse	9:30-10:30AM Yogalates Kristin		9:30-10:30AM Yoga for Arthritis & Injuries Lindsey	9:00 - 10:15AM Heated Vinyasa Hanna & Elizabeth	
	11:00-11:45AM Full Body Yoga Emily					2:00 - 3:00PM Advanced Karate David
4:30 - 5:30PM Heated Power Hour Lindsey		5:15 -5:45PM Swim Team Yoga Emily				
	6:00-7:15PM Heated Vinyasa Hanna	6:15-7:15PM Full Body Yoga Emily				

(Heated Yoga Classes are 90 degrees)

Visit www.penbayymca.org for current schedules

Last Updated 1/21/2019