

Updated Yoga class schedule beginning September 1st

Mondays	9:30 AM	Mat/Chair Yoga
Tuesdays	6:00 PM	Restorative Yoga
Wednesdays	10:30 AM	Intermediate Raja Yoga
Fridays	10:30 AM	Pilates
Saturdays	9:30 AM	Mixed Raja Yoga

- * All classes are 1 hour long
- * All IWCR classes have been cancelled
- * Thursday Beginner class has been cancelled

The changes to the Yoga schedule have been made as a result of low attendance rates. Our attendance is tracked when you scan in at the **My Senior Center kiosk** at the front desk and when you submit a \$4 Yoga coupon. Unfortunately, if attendance remains low more changes will be required.



If you need a scan card
please see the front desk. Thank you!

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