

# Adult & Teen Classes

## Winter & Spring 2012

Contact the office for session dates.

Day	Class/Instructor	Time
Monday	Morning Yoga/Lisa Newcomb	9-10:30 a.m.
	AfricanFusion/Shana Bloomstein	6-7:30 p.m.
	Karate/Jujitsu/Leo Mazerall	6:30-8 p.m.
Tuesday	Yoga for Every Body/Missy Hatch	5:30-7 p.m.
	Zumba Fitness/Hester Kohl	6-7 p.m.
	Ballroom Dance/Courtney Porter	7-8 p.m.
Wednesday	Essential Belly Dance/Helena Melone	6-7:30 p.m.
	Karate/Jujitsu/Leo Mazerall	6:30-8 p.m.
Thursday	Ongoing Yoga/Missy Hatch	8:30-10 a.m.
	Gentle Yoga/Missy Hatch	10:15-11:30 a.m.
	Adult/Teen Ballet/Keith Robinson	2:30-3:30 p.m.
	Swing Dance: Basics/Katie Tranzillo	6-7:15 p.m.
	West Coast Swing: Intermediate Katie Tranzillo	7:15-8:30 p.m.
Friday	Friday Morning Yoga/Garrett Vail	8:30-9:45 a.m.
	Hip Hop Yoga Flow/Caseylin Gillis	6-7 p.m.
Saturday	Open Silent Meditation	7-8 a.m.
	Saturday Morning Yoga Garrett Vail & Shana Bloomstein	8:30-10 a.m.