

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>August Mind Body Schedule</h1> <p>www.wfymca.org</p>					1 5:30 BODYFLOW 9:30 Pilates-Colette	2 9:30 BODYFLOW
3	4 8:20 Tai Chi-Roger 9:30 Pilates-Colette 10:40 BODYFLOW 5:45 BODYFLOW 6:55 Yoga-	5 7:30 Stretch & Relax-Joar 9:30 BODYFLOW 10:45 Gentle Yoga-Sarah 6:30 BODYFLOW	6 5:30 BODYFLOW 9:30 Pilates-n-Props-Colette 11:00 Tai Chi-Bob 5:45 Yoga- Sarah 7:00 BODYFLOW	7 7:30 Stretch & Relax-Joar 9:30 BODYFLOW 10:45 Gentle Yoga-Sarah 6:30 BODYFLOW	8 5:30 BODYFLOW 9:30 Pilates-Colette	9 9:30 BODYFLOW
<h2>FLOOR Remodeling- Room CLOSED for the Week</h2>						
17	18 8:20 Tai Chi- Roger 9:30 Pilates-Colette 10:40 BODYFLOW 5:45 BODYFLOW 6:55 Yoga-	19 7:30 Stretch & Relax- Joar 9:30 BODYFLOW 10:45 Gentle Yoga-Sarah 6:30 BODYFLOW	20 9:30 Pilates-n-Props-Colette 11:00 Tai Chi-Bob 5:45 Yoga- Sarah 7:00 BODYFLOW	21 7:30 Stretch & Relax-Joar 9:30 Basic Stretch-Debbie (30 minute class) 10:45 Gentle Yoga-Sarah 6:30 BODYFLOW	22 9:30 Pilates-Amy Special Event! 6:30 BODYFLOW New Launch	23 Special Event! 9:30 BODYFLOW New Launch
24/31	25 8:20 Tai Chi-Roger 9:30 Pilates-Colette 10:40 BODYFLOW 5:45 BODYFLOW 6:55 Yoga-	26 7:30 Stretch & Relax- Joan 9:30 BODYFLOW 10:45 Gentle Yoga-Sarah 6:30 BODYFLOW	27 5:30 BODYFLOW 9:30 Pilates-n-Props-Colette 11:00 Tai Chi-Bob 5:45 Yoga- Sarah 7:00 BODYFLOW	28 7:30 Stretch & Relax-Joan 9:30 BODYFLOW 10:45 Gentle Yoga-Sarah 6:30 BODYFLOW	29 9:30 Pilates-Amy	30 8:40 BODYFLOW- Focus-n-Feel 9:30 BODYFLOW