






Summer Mind Body Schedule

Classes are held in Studio 1 unless otherwise indicated.

Effective: 6/21/10 - 9/5/10

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|---|---|--|--|---|--|--|
| | | | | 5:45-6:45 Sunrise Yoga All Levels Kirstii - Studio 2 | | |
| | | 8:05-9:00  Katrina - Studio 2 | | | 8:00-9:00 Yoga All Levels Rachael - Studio 2 | 9:05-9:55 Pilates Katrina - Studio 2 |
| | 10:05-11:05 Yoga All Levels Mary Beth - Studio 2 | | 10:05-11:05 Yoga All Levels Rachael - Studio 2 | 9:05-10:05 Yoga All Levels Debbie - Studio 2 | 9:05-10:05  Kelley - Studio 2 | 10:05-11:05 Yoga All Levels Vicky |
| 11:00-12:00 Yoga All Levels Rachael - Studio 2 | 11:05-12:05 Tai Chi Ch'uan Jerry | 11:00-12:00 Yoga All Levels Maryann - Studio 2 | 11:15-12:15 Tai Chi Ch'uan Jerry | 10:10-11:10 Yin Yoga All Levels Debbie - Studio 2 | | |
| | |  | | | | |
| 6:15-7:00 Pilates Marie - Studio 2 | | | | | | |
| 7:00-8:00 Yoga All Levels Vicky - Studio 2 | 6:45-7:45  Mandy | 6:20-7:20 Yoga All Levels Rachael - Studio 2 | 6:45-7:45  Marie | | COURT HOUSE PLUS Fitness & Wellness Center (860) 649-0597 www.courthouseplus.com | |

Please see Member Services Desk for Pilates Reformer classes