



Easton

# CLASS SCHEDULE

## MONDAY

Yoga 1 with Cheryl: 8-8:45 AM (Studio)

AOA Range of Motion & Balance with Kathy: 1:15-2 PM (Studio)

## TUESDAY

Silver Sneakers Yoga with Cheryl: 11:15 AM-12 PM (Studio)

## THURSDAY

Yoga Fusion with Jessica: 10:15-11 AM (Studio)

Silver Sneakers Yoga with Cheryl: 11:15 AM-12 PM (Studio)

## FRIDAY

Beginner Tai Chi with Kathy: 11-11:45 AM (Studio)

## SATURDAY

Yoga with Jane: 10-11 AM (Studio)