



FAIRLESS HILLS

CLASS SCHEDULE

MONDAY

Yoga with Lindsay: 9:15–10 AM (Studio 2)

Pilates with Robin: 10:15–11 AM (Studio 2)

TUESDAY

Tai Chi/Qigong with Arlette: 12–1 PM (Studio 1)

Yoga with Jeanine: 5:30–6:30 PM (Studio 2)

WEDNESDAY

Silver Sneakers Yoga with Betsy: 11–11:45 AM (Studio 1)

Yoga with Lindsay: 7:30–8:15 PM (Studio 1)

THURSDAY

Yoga with Elda: 9:30–10:30 AM (Studio 2)

Tai Chi/Qigong with Arlette: 10:30–11:30 AM (Studio 1)

FRIDAY

Yoga with Vicki: 9:15–10 AM (Studio 2)

SATURDAY

Yoga with Lindsay: 8–9 AM (Studio 1)