

**Z E N E R G Y**  
HEALTH CLUB • SPA • BOUTIQUE

**March 2017 - Zenergy Mind/Body Schedule**

**Monday**

6:30-7:30am	Hot Yoga (Tara)	
9:30-10:45am	All Levels Yoga (Dana)	
10:00-10:55am	Pilates Mat - Int/Adv. (Zoe)	Fitness Studio
12:00-1:00pm	All Levels Hatha Yoga (Victoria)	
12:35-1:25pm	Zen Roller (Tim)	Fitness Studio
5:30-6:45pm	The Hot 26 (Brenda)	

**Tuesday**

7:30-8:45am	Hot Yoga (Sandi)	
9:30-10:30am	All Levels Yoga (Danielle)	
11:00-11:45am	\$ Resistance Flexibility Stretching (Bianca)	March 7 - 28
12:00-1:00pm	Yin Yoga (Cathie)	
4:00-5:15pm	Guided Meditation/All Levels Yoga (Ryan)	
4:30-5:25pm	Pilates Mat Beg/Int. (Zoe)	Fitness Studio
5:30-6:30pm	\$Yoga for Back Care (Lauri)	March 7-28

**Wednesday**

7:00-8:00am	Zen Roller (Tim)	
9:30-10:45am	Advanced Flow (Eryn / Lauri)	
12:00-1:15pm	Heated Vinyasa Flow (Sandi)	
12:35-1:05pm	Zen Roller (Yvette)	Starts March 8
4:00-4:55pm	Gentle Yoga/Sport Stretch (Yvette)	Fitness Studio
5:30-6:45pm	Heated Vinyasa Flow (Tara)	

**Thursday**

7:30-8:45am	Hot Yoga (Brenda)	
9:30-10:30am	All Levels Yoga (Danielle)	
12:00-1:00pm	Yin Yoga (Cathie)	
4:00-4:55pm	Gentle Yoga/Sport Stretch (Yvette)	

**Friday**

7:00-8:00am	Gentle Yoga for Athletes (Brenda)	
8:15-9:00am	Qi Gong (Cal Millar)	
9:30-10:30am	Weekend Warrior (Yvette)	
10:00-10:55am	Pilates Mat Int/Adv (Emily)	Fitness Studio
12:00-1:15pm	Heated Vinyasa Flow (Sandi)	
2:00-2:45pm	\$ Resistance Flexibility Stretching (Bianca)	March 10 - 31

**Saturday**

8:00-9:30am	Hot Yoga (Brenda)	
9:00-9:55am	Pilates Mat (Zoe)	Fitness Studio
10:00-11:30am	Yoga with Healing Sound (Amy)	

**Sunday**

9:30-10:45am	All Levels Yoga (Dana)	
3:00-4:15pm	Heated Vinyasa Flow (Lauri)	
3:45-4:45pm	\$The Melt Method (Shana)	Fitness Studio/March 5th
5:00-6:00pm	Restorative Yoga (Katherine)	