



Winter Session: January 2 - March 30 2018

MONDAY

7:00 a.m. Gentle Kripalu Yoga - Jan Murray, RYT

9:00 a.m. *Strength & Conditioning -Level I~ Jan Murray, ACE Trainer / RYT

10:00 a.m. *Strength & Conditioning -Level II ~Jan Murray, ACE Trainer / RYT

4:30 p.m. *Strength & Conditioning -Level II -Jan Murray, ACE Trainer / RYT

6:00 p.m. Kundalini Yoga - Jivan Shiva Kaur 1-8-18 & (Mondays-February 5 - April; 30)

7:30 pm- 9:00 pm *Restorative Yoga With Massage ~ Kelly Robinson, LMT & Jan Murray, RYT

First Monday of every month - 2018- February 5th March 5th & April 2

(Closed January 15th 2018 Martin Luther King Day)

TUESDAY

7:30 a.m. Stretch Class ~ Jane Bowler, LMT

10:00 a.m. Qi Gong ~ Patty Gage

6:00 p.m. *Strength & Conditioning Level II -Jan Murray, ACE Trainer / RYT

7:00 -8:15 p.m. *Adult Ballet ~ Christo Marquez, Boston Ballet

WEDNESDAY

7:00 a.m. Kripalu Yoga ~ Jan Murray

9:00 a.m. *Strength & Conditioning- Level I Jan Murray, ACE Trainer / RYT

10:00 a.m. *Strength & Conditioning -Level II ~ Jan Murray, ACE Trainer / RYT

4:30 p.m. *Strength & Conditioning -Level I Jan Murray ACE Trainer / RYT

6:00 -7:00 p.m. MELT™ / Strengthen / Stretch ~ Jan Murray, LPTA (MA License #2601)

THURSDAY

4:45 -5:45 p.m. DANCE FITNESS -Kathy Needleman

6:00 – 7:00 p.m. *Strength & Conditioning~ Jan Murray, ACE Trainer / RYT

7:00- 8:15 p.m. *Adult Ballet ~Christo Marquez, Boston Ballet

FRIDAY

6:00 p.m. Yin Yoga and Meditation ~ Carlotta Hayes, RYT

SATURDAY

7:30 a.m. *Stretch Class ~ Jane Bowler, LMT

9:00 a.m. Vinyassa Flow- Kerri Ann McCarthy, RYT

SATURDAY WORKSHOPS / SPECIAL EVENTS

1-20-18 Keeping Resolutions with Carlotta Hayes RYT 1:00 -4:00 p.m. \$75.00 fee (limited to 10)

1-27-18 Sound healing with Martha O'Flaherty 1:00 p.m. -4:00 p.m. \$75.00 fee

2-10-18 Movement Based Learning & Building Block Activities Cecilia Koester (all day event)

2-17-18 Yoga with Assists Joy Kingsbury O.T.R. / RYT 3:00 -5:00 p.m. \$35.00 fee

2- 24-18 Mantras & Mudras with Jiwan Shiva Kaur (Sally Snowman) 10:30 a.m. -12:30 p.m.

SUNDAY

8:30 a.m. Gentle Yoga ~ Joy Kingsbury

*** private class requires pre-registration (Waiting list available)**

Please call Jan 781 974 5757 to schedule personal training sessions