



**Spring Session: April 1 - June 30<sup>th</sup> 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 til April 30

**6:00 p.m.** Yoga Flow with Kerri-Ann Mc Carthy begins May 7<sup>th</sup>

#### **TUESDAY**

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

**5:45 p.m.** The Back Class Jan Murray L.P.T.A. (8 week Spring session begins May 1 - June 19<sup>th</sup>) **(NEW CLASS)**

**7:00 p.m.** \*Adult Ballet ~ Christo Marquez, Boston Ballet (April 24 - June 6<sup>th</sup>)

#### **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.** Gentle Yoga Flow with MELT™ (All levels welcome) **(NEW CLASS)**

#### **THURSDAY**

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

**6:00 – 7:00 p.m.** OUTDOOR CARDIO / CALISTHENICS WEBB PARK WEYMOUTH - Jan Murray **(NEW CLASS)**

**6:00 -7:00 p.m.** \*Adult Ballet - Christo Marquez, Boston Ballet **(NEW CLASS)**

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

#### **FRIDAY**

**10:00 a.m. Community Yoga Class - Lorraine Lee (NEW CLASS)**

**6:00 p.m.** Yin Yoga ~ Carlotta Hayes, RYT / Jan Murray RYT

#### **SATURDAY**

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

**9:00 a.m.** Outdoor Cardio & Calisthenics ( Webb Park ) Jan Murray

**9:00 a.m.** Beach Yoga with Kerrie-Ann McCarthy Webb Park  
(this class is held the 1<sup>st</sup> Saturday of every month)

#### **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

[www.bodystrongboston.com](http://www.bodystrongboston.com)

#### **SPRING SPECIAL EVENTS & WORKSHOPS**

**\* Insight Eye Rejuvenation Workshop - Sally Snowman Ph.D. RYT - Saturday April 21<sup>st</sup> ~10:30 a.m. -12:30**

**\* Come To The Barre with Christo Marquez, Boston Ballet Saturday April 28 9:00 a.m.- 10:30 Class 1**

**10:45 - 11:15 Class 2**