

# The Center For Movement Weymouth 781 974 5757

## Fall 2018 Class Schedule

### MONDAY

- 7:00 a.m. Gentle Kripalu Yoga - Jan Murray, RYT
- 9:00 a.m. \*Strength & Conditioning - Level I ~ Jan Murray, ACE Trainer /LPTA
- 10:00 a.m. \*Strength & Conditioning - Level II ~Jan Murray, ACE Trainer /LPTA
- 4:30 p.m. \*Strength & Conditioning -Level II -Jan Murray, ACE Trainer / LPTA
- 6:00 p.m. Yoga & MELT® ~ Jan Murray LPTA / RYT

### TUESDAY

- 7:30 a.m. \*Stretch Class ~ Jane Bowler LMT
- 10:00 a.m. Qi Gong ~ Patty Gage
- 6:00 p.m. \*Strength & Conditioning ~ Jan Murray ACE Trainer /RYT
- 7:00-8:15 p.m. \*Adult Ballet Level II ~ Cristobal Marquez,

### WEDNESDAY

- 7:00 a.m. 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 I ~ Jan Murray ACE Trainer / RYT
- 6:00-7:00 p.m. Yin Yoga ~ Elissa O'Neill RYT

### THURSDAY

- 10:00 a.m. Qi Gong - Patty Gage
- 5:00 p.m. Dance Energy - Kathy Needleman
- 6:00 p.m. **Start date TBA- Good Old Fashioned Aerobics Class- Jane Bowler**
- 7:00-8:15 p.m. Adult Ballet Level II ~ Cristobal Marquez

### FRIDAY

- 8:30 a.m. Community Yoga Class Michelle Reum RYT
- 10:00 a.m. Orthopedic Yoga Therapy For Back Pain ~ Michelle Fleming ~ IAYT  
(6 week program begins November 9<sup>th</sup>)

### SATURDAY

- 7:30 a.m. \*Stretch Class ~ Jane Bowler, LMT
- 8:30 a.m. Outdoor Workouts Webb Park -Jan Murray ACE Trainer

### SUNDAY

- 8:30 a.m. Hatha Yoga ~ Joy Kingsbury RYT / OTR
- 10:00 a.m. Meditation Class - Joy Kingsbury (the first Sunday of every month)