

SPRING 2019 Class Schedule

The Center For Movement Weymouth

Thursday MARCH 21ST Starts Spring Session

MONDAY

7:30 a.m. **Gentle Kripalu Yoga ~ Jan Murray, RYT) (Early start-3/11)**

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**

11:15 a.m. Personal Training session: jan

12:30 p.m. Personal Training session : jan

6:00 p.m. Pilates ~ Jennifer Piper

(present class time is 5:45 p.m.) (New 6:00 class time starts 3/25)

TUESDAY

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

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

3:30 P.M. **Therapeutic Yoga for Healthy Movement (later start-April 9)**

4:40 p.m. **Strength & Conditioning ~ Jan Murray ACE Trainer (on time start 3/21)**

6:00 p.m. *** Adult Ballet Level II ~ Cristobal Marquez (later Start April 2)**

7:00 p.m. ***Adult Ballet Level I ~ Cristobal Marquez, (later start April 2)**

WEDNESDAY

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**

11:15 a.m. Personal Training Session ~ Jan

12:30 p.m. Personal Training Session ~ Jan

4:30 p.m. Aerobic Dance with Kathy Needleman **(starts Wednesday 3-27)**

6:00 p.m. Kripalu Yoga with Yin Infusion

THURSDAY

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

3:30 p.m. **Therapeutic Yoga for Healthy Movement (starts later April 9)**

4:40 p.m. **Strength Training & Conditioning Level I (on time start March 21)**

6:00 p.m. Pilates with Jennifer Piper

FRIDAY

8:30 a.m. Community Yoga Class ~ Elyssa O'Neil

SATURDAY

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

8:15 a.m. Community Walk: Webb State Park, **(on time start March 23)**

9:00 A.M. Adult Ballet Cristo Marques **(starts later April 6th)**

10:30 a.m. **Vinyasa Flow Yoga ~ Sara White RYT**

SUNDAY

