

The Center For Movement Weymouth

2019 Fall Class Schedule

September 4th - November 30th

MONDAY

- 8:30 a.m. *Strength & Conditioning - Level II ~ Jan Murray, ACE Trainer /LPTA
- 9:30 a.m. *Strength & Conditioning - Level I ~Jan Murray, ACE Trainer /LPTA
- 6:00 p.m. Pilates ~ Jennifer Piper
- 7:15 pm Restorative Yoga - Jan Murray RYT

TUESDAY

- 7:30 a.m. Stretch Class ~ Jane Bowler LMT
- 10:00 a.m. Qi Gong ~ Patty Gage
- 4:30 p.m. Strength & Conditioning ~ Jan Murray ACE Trainer
- 5:45 p.m. Ballet Conditioning (not just for ballerinas)~ Cristobal Marquez
- 7:00 p.m. *Adult Ballet ~ Cristobal Marquez, (* pre-registration required)

WEDNESDAY

- 8:30 a.m. *Strength & Conditioning - Level II ~ Jan Murray, ACE Trainer / RYT
- 9:30 a.m. *Strength & Conditioning - Level I ~ Jan Murray, ACE Trainer/RYT
- 6:00 p.m. Kripalu Yoga (Great class for all levels)

THURSDAY

- 10:00 a.m. Qi Gong ~ Patty Gage
- 5:00 pm Aerobic Dance ~ Kathy Needleman
- 6:00 p.m. Bands & Balls ~Jan Murray ACE Trainer

FRIDAY Please see Fall Workshops

SATURDAY

- 7:30 a.m. *Stretch Class ~ Jane Bowler, LMT (* pre-registration required)
- 9:00 a.m. Ballet Conditioning ~ Cristobal Marquez
- 10:15 a.m. *Adult ballet ~ Cristobal Marquez

SUNDAY

- 8:30 a.m. Hatha Yoga ~ Joy Kingsbury RYT / OTR

To register or inquire about classes call 781 974 5757

www.thecenterformovementweymouth.com