

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:15 AM Total Body Sculpt Marlo	8:00-9:00 AM Slow Flow Yoga Mariana	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM Yin Yoga Mariana	8:30-9:15 AM Total Body Sculpt Marlo	
9:30-10:30 AM Slow Flow Yoga Moe	9:25-10:10 AM Hatha-Vinyasa Yoga Marlo	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM Vinyasa Yoga Megan	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM Vinyasa Yoga Moe	
11:00-12:00 AM Gentle Yoga Moe	11:00-12:00 PM Slow Flow—Moe Chair Yoga—Monica (downstairs)	11:00-12:00 PM Hatha Yoga Mariana/Monica	11:00-12:00 PM Hatha Basics—Sairsha Chair Yoga—Moe (downstairs)	11:00-12:00 PM Slow Flow Yoga Mariana	11:00-12:00 PM Slow Flow—Lacey Gentle Yoga—Moe (downstairs)	
12:30-1:30 PM Vinyasa Yoga Moe	12:30-1:30 PM Vinyasa Yoga Monica/Moe	12:30-1:30 PM Vinyasa Yoga Moe/Monica	12:30-1:30 PM Mat Pilates Lacey	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Power Sculpt Lacey	
				1:35-2:00 PM Meditation Monica		
				4:00-5:00 PM Hatha Basics Sairsha		
		4:45-5:45PM Hatha Basics Sairsha		5:15-6:15 PM Yogalates Lacey	5:30-6:30pm Hatha Basics Sairsha	
		6:00-7:00 PM Total Body Sculpt Lacey		6:30-7:30 PM Tai Chi Peter [Registration Required]		
7:30-8:30 PM Restorative Yoga B		7:30-8:30 PM Vinyasa Yoga Lacey		7:40-8:40 PM Tai Chi Peter [Registration Required]		



**McFetridge  
Wellness**

**Spring 2026**



**New to yoga?  
Or searching for some relaxation?**

**Try these classes:**

- Hatha Basics
- Gentle Yoga
- Chair Yoga
- Yin Yoga
- Restorative Yoga

**Experienced in yoga?  
Or looking for a more physical challenge?**

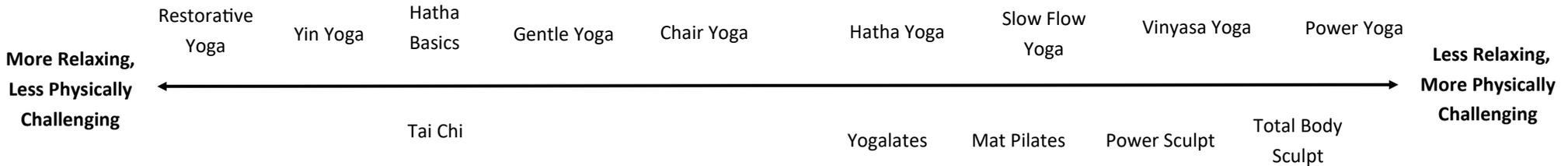
**Try these classes:**

- Slow Flow Yoga
- Hatha Yoga
- Vinyasa Yoga
- Hatha-Vinyasa Yoga
- Power Yoga

**Interested in class formats  
other than yoga?**

**Try these classes:**

- Total Body Sculpt
- Power Sculpt
- Mat Pilates
- Yogalates
- Tai Chi



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## Membership Options

Drop-in \$14	One Month \$80	Two Months \$140	Senior Discount (60+)
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