


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:15 AM Total Body Sculpt Marlo	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM OUTDOOR Slow Flow Moe	8:00-9:00 AM Vinyasa Yoga Moe	8:30-9:15 AM Total Body Sculpt Marlo	
9:30-10:30 AM OUTDOOR Hatha Yoga Sarah	9:20-10:05 AM Hatha-Vinyasa Yoga Marlo	9:30-10:30 AM Gentle Yoga Sarah	9:30-10:30 AM Vinyasa Yoga Moe	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM OUTDOOR Vinyasa Jim	9:30-10:30 AM Yogalates — Lacey (indoors) OUTDOOR Yinyasa Mariana
11:00-12:00 PM Gentle Yoga Sarah	11:00-12:00 PM Slow Flow—Moe Chair Yoga—Monica (downstairs)	11:00-12:00 PM Hatha Yoga Sarah	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—Jim Gentle—Sarah/Moe (downstairs)	11:00-12:00 PM Gentle — Mariana (indoors) OUTDOOR Slow Flow Lacey
{12:30pm Vinyasa} (will return in fall)	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Vinyasa Yoga Moe	12:30-1:30 PM Mat Pilates Lacey	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Power Sculpt Lacey	{12:30pm Vinyasa} (will return in fall)
	1:35-2:00 PM Meditation Monica			1:35-2:00 PM OUTDOOR Meditation Monica		
			4:00-5:00 PM Youth Yoga (7-11yrs) Sairsha [Registration Required]	4:00-5:00 PM Teen Yoga (11-15yrs) Sairsha [Registration Required]		
		4:45-5:45PM Hatha Basics Sairsha		5:15-6:15 PM Mat Pilates Lacey	5:30-6:30pm Hatha Basics Sairsha	
	6:00-7:00pm OUTDOOR Hatha Basics Sairsha	6:00-7:00 PM Total Body Sculpt Lacey		6:30-7:30 PM Tai Chi Peter [Registration Required]	 <b>McFetridge Wellness</b> <b>SUMMER 2025</b>	
	7:30-8:30 PM Restorative Yoga Moe	7:30-8:30 PM OUTDOOR Vinyasa Yoga Lacey		7:40-8:40 PM Tai Chi Peter [Registration Required]		



**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?**

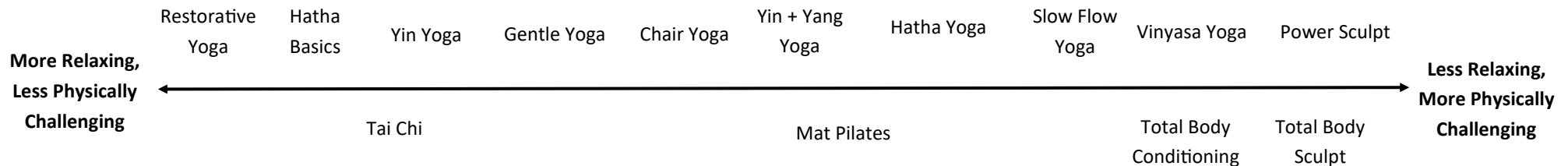
**Try these classes:**

Slow Flow Yoga  
Hatha Yoga  
Yin yoga  
Vinyasa Yoga  
Power Yoga

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

**Try these classes:**

Total Body Sculpt  
Total Body Conditioning  
Mat Pilates  
Tai Chi



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[www.mcfetridgesportscenter.com/wellness](http://www.mcfetridgesportscenter.com/wellness)  
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## Membership Options

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