

YOGA, PILATES & TAI CHI

Blocker Norfolk Family YMCA
312 West Bute Street
Norfolk, Virginia 23505
(757) 622-9622

Winter 2010

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM		Flow Yoga Multi-Level 6:00 - 7:00am #601		Y-Pilates Multi-Level 6:30 - 7:30am #601			
AM	Stretch Multi-Level 7:30 - 8:30am #601		Stretch Multi-Level 7:30 - 8:30am #601		Stretch Multi-Level 7:30 - 8:30am #601	Classic Yoga Multi-Level 8:30 - 10:00am #601	
		Classic & Flow Yoga Multi-Level 9:15 - 10:30am #601		Classic Yoga Multi-Level 9:15 - 10:30am #601			
	Classic Yoga Multi-Level 10:15 - 11:45am #601		Y-Pilates Multi-Level 10:15 - 11:15am #601		Y-Pilates Level I 10:15 - 11:15am #601	Flow Yoga Multi-Level 10:15 - 11:15am #601	Y-Pilates Starter 10:00 - 10:30am #601
						Y-Pilates Multi-Level 10:15 - 11:30am #301	Y-Pilates Multi-Level 10:45 - 11:45am #601
Lunch	Y-Pilates Multi-Level 12:15 - 1:15pm #601				Classic Yoga Level 1 12:15 - 1:00pm #601	Tai Chi Starter 1:00 - 1:30pm #601	
PM		Y-Pilates Starter 4:00 - 4:30pm #601				Tai Chi Level I 1:30 - 2:00pm #601	
		Y-Pilates Level I 4:35 - 5:35pm #601		Y-Pilates Multi-Level 4:30 - 5:30pm #601	Classic Yoga Multi-Level 5:15 - 6:30pm #601	Tai Chi Level II 2:00 - 3:00pm #601	Flow Yoga Multi-Level 4:30 - 5:45pm #601
	Flow Yoga Multi-Level 5:30 - 6:30pm #601	Y-Pilates Level II 5:45 - 6:45pm #601	Flow Yoga Multi-Level 5:30 - 6:30pm #601	Classic Yoga Multi-Level 5:45 - 6:45pm #601			
	Classic Yoga Starter 6:45 - 7:15pm #601		Classic Yoga Starter 6:45 - 7:15pm #601	Y-Pilates Level I 7:15 - 8:00pm #601			
	Flow Yoga Level I 7:30 - 8:15pm #601	Classic & Flow Yoga Level II 7:00 - 8:30pm #601	Classic Yoga Multi-Level 7:30 - 8:30pm #601			Classes that consistently have fewer than 8 participants are subject to cancellation.	