

Mind/Body Winter Quarter 2010 Classes

Monday, January 4 – Sunday, March 28, 2010

www.stpauljcc.org



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 – 7:15 am		Sunrise Yoga (Multi Level) Mary			Sunrise Yoga (Multi Level) Mary	
8:30 – 9:30 am		Pilates Boot Camp Kamalar			T'ai Chi Chih David	Yoga Fusion Rachel/Sarah
9:30 – 10:30 am		Intermediate Pilates Mat Kamalar		Pilates Sculpt Jonathan		Advanced Pilates Mat Kamalar
		Feldenkrais Method® Nick				
10:30 – 11:30 am	Sunday Flow Yoga Katrin/Amanda					
10:45 – 11:45 am				Feldenkrais Method® Nick		
12:30 – 1:15 pm				Lunchtime Yoga Express (Multi Level) Mary		
4:00 – 5:00 pm			Teen Boot Camp Tara		Teen Yoga/Pilates Tara	
4:30 – 5:30 pm		T'ai Chi Chih David				
5:30 – 6:30 pm		Continuing Flow Yoga Katrin	Beginning Flow Yoga Lesley	Continuing Flow Yoga Katrin/Amanda		
5:30 – 6:30 pm			Beginning Pilates Mat 2 Nancy		Beginning Pilates Mat Gretchen	
6:45 – 7:45 pm			Pilates Circuit Nancy	Pilates Sculpt Nancy	Intermediate Pilates Mat Gretchen	
8:00 – 9:00 pm		Krav Maga		Krav Maga		

All MIND/BODY CLASSES require REGISTRATION and an ADDITIONAL FEE.

Register at the front desk or online at www.stpauljcc.org.

All classes will be held in the Mind/Body studio at the St. Paul JCC unless otherwise noted.

All classes, times and locations are subject to change and/or cancellation due to low enrollment.

Children may not be in the studio during class time.

Shaded areas indicates class is in the Pilates Studio

Member Value Only: Register for two or more Mind/Body classes and receive multi-class discount

Teen Boot Camp
(Strength and Stretch)
Tuesdays, Jan. 5 – Mar. 23
4:00 – 5:00 pm
Members: \$55

**Winter Quarter
Classes for Teens**

Teen Yoga/Pilates
Thursdays, Nov. 5 – Dec 17
4:00 – 5:00 pm
Members: \$55