

January 2010



2442 N. Central Ave. Indianapolis
www.cityyoga.biz info@cityyoga.biz
317.920.YOGA (9642)

Monday

10:00a	Better Back	Mo
5:45p	Alignment and Flow	Lisa R.
5:45p	Stress Reduction	Lisa D.
7:15p	Stamina: Ashtanga	Carol

Tuesday

6:00a	Energy and Awareness	Stacey
10:00a	Flexibility and Balance	Kristy
12:00p	Alignment and Flow	Kristy
5:45p	CY200: Teacher Training*	Marsha/Nikki
5:45p	Strength and Endurance	Chris

Wednesday

9:00a	Sculpting and Toning	Christine
12:00p	Better Back	Nikki
5:45p	Detox and Purify (Heated)	Jocelin
5:45p	Alignment and Flow	Kristy
7:15p	Yoga of the Heart	Tonya
7:15p	Strength and Endurance	Sarah

Thursday

6:00a	Energy and Awareness	Stacey
10:00a	Flexibility and Balance	Kristy
12:00p	Alignment and Flow	Kristy
5:45p	CY500: Teacher Training*	Marsha/Nikki
5:45p	Flexibility and Balance	Kelly
7:15p	Yoga of the Heart \$5 class	Stacey

Friday

9:00a	Sculpting and Toning	Christine
12:00p	Better Back	Nikki
5:45p	Detox and Purify (Heated)	Lisa D.

Saturday

8:00a	Strength and Endurance	Chris
9:45a	Flexibility and Balance	Lisa D.
11:00a	Stamina: Ashtanga	Carol
3:00p	Yoga of Recovery (donation)	Nikki/Nate

Sunday Community Day: \$5 and \$10 Classes

9:30a	Detox and Purify (Heated)	Jocelin
11:00a	Conscious Energy: Kundalini	Diane
12:30p	Stamina: Ashtanga	Patrick
5:00p	Better Back	Mo
7:00p	Stress Relief	Christine