HOLISTIC CENTER CLASS SCHEDULE

INSTRUCTOR AND CLASS SUBJECT TO CHANGE

Members are encouraged to bring their own yoga mats if needed

REGISTRATION REQUIRED FOR HOLISTIC CENTER CLASSES

Sunday		
Time	**Class**	**Instructor**
12:30PM-1:45PM	Restorative Yoga	Julie

Monday		
Time	**Class**	**Instructor**
8:30 AM - 8:25 AM	Yin & Yang Yoga **(starting 1/4)**	Michelle
9:30AM-10:30AM	Pilates	Olga

Tuesday		
Time	**Class**	**Instructor**
6:00AM-7:00AM	Yin Yoga	Michele
8:00AM-9:00AM	Yin Yoga	Michele
10:00AM-11:15AM	Gentle Yoga	Pat
11:30AM-12PM	CIRCL Mobility	Kellie

Wednesday		
Time	**Class**	**Instructor**
9:30AM-10:30AM	Chair Yoga	Chris **(last class 11/18)**
4:30PM-5:30AM	Vinyassa Yoga	Janet
6:00PM-7:30PM	Mind Matters	Josh

Thursday		
Time	**Class**	**Instructor**
9:00AM-10:15AM	Essential Yoga	Kim
10:30AM-11:30AM	Meditative Movement **(last class 11/19)**	Jim

Friday		
Time	**Class**	**Instructor**
8:30AM-10:00AM	Restorative Yoga	Julie
4:00PM-6:00PM	Reiki Clinic	Julie

Saturday		
Time	**Class**	**Instructor**
11:00AM-11:45AM	Chair Yoga*	Hope
12:00PM-1:00PM	Adaptive Yoga*	Hope

1st & 3rd Saturdays

Looking for pool schedules, yoga, pilates and more? Visit our full online schedule of amenities at

https://www.ymcaerie.org/glenwood/amenities/

Scan for full online schedule

NOVEMBER 2026