

HARMONY



Pilates & Yoga

## 2012 Winter CLASS SCHEDULE

Jan. 3 – Mar. 31

Day	Time	Class Type	Credits	Class style	Level	Instructor
<b>Monday</b>						
	6:00-6:55pm	Mat	2	CORE Conditioning	Level 1 + 2	Erin
	7:00-8:15pm	Apparatus	4	Yoga with Silks	Level 1	Erin
<b>Tuesday</b>						
	10:00-11:10am	Mat	2	Fundamentals II	Level 2	Susan
	12:00-12:55pm	Mat	2	"Aging with Vitality"	Pilates for 50+	Holly
	1:00-1:55pm	Apparatus	4	Pilates Arc	Level 1 + 2	Holly
	7:00-7:55pm	Mat	2	Beginning Yoga	Level 1	Heather
<b>Wednesday</b>						
	9:30-10:15am	Donation Class		YoMaDa & Me	(infant-2yr)	Erin/Heather
	10:30-11:30am	Community Walk		Cardio walking group	All levels	Erin/Heather/Susan
	10:30-11:25am	Mat	2	Gentle Yoga	Level 1 + 2	Nancy H.
	11:45-12:40pm	Mat	2	Pilates Stretch, Tone, & Balance	Level 1 + 2	Nancy J.
	6:00-6:55pm	Mat	2	Pilates Mat Basics	Level 1	Sarah V.
	7:00-8:10pm	Mat	2	Flow Yoga	Level	Bryanne
<b>Thursday</b>						
	7:00-7:55pm	Mat	2	Yoga Basics	Level 1	Heather
<b>Friday</b>						
	10:00-10:55am	Apparatus	4	Yoga with Silks	Level 1	Erin
	11:00-11:55am	Apparatus	4	Pilates Arc	Level 1 + 2	Holly
	12:00-12:55pm	Mat	2	Pilates Stretch, Tone, & Balance	Level 1 + 2	Nancy J.
	5:45-6:45pm	Apparatus	4	Silks-Restore, Rejuvenate ,& Rest	All levels	Erin
	7:00-7:55pm	Community		Teen Community Yoga	Level 1	Erin
<b>Saturday</b>						
	8:30-9:45am	Mat	2	Flow Yoga	Level 1 + 2	Erin
	10:00-10:55am	Mat	2	Pilates Mat	Level 1 + 2	Nancy J.
<b>Sunday</b>						
	11:00-11:55am	Donation Class		Yoga	Level 1 + 2	Peace Yoga NC
	2:45-3:40pm	Mat	2	Pre Natal Yoga	All levels	Bryanne
	4:00-5:10pm	Mat	2	Blissful Heart Yoga	Level	Bryanne

### PRIVATE & SEMI PRIVATE PILATES/YOGA/SILKS (rates on back)

### Available by appointment Mondays – Saturdays (AM & PM)

Contact the studio to arrange for instruction with one of our experienced and caring instructors for our Pilates and/or Yoga Private training program. This program is individualized and personalized to target your specific goals and challenges whether rehabilitative in nature or solely fitness oriented.

Visit [www.HarmonyPilatesYoga.com](http://www.HarmonyPilatesYoga.com) for online registration and purchase information.

Located at 219 N. Salem St., Suite 103 in Historic Downtown Apex

919-389-2747