



# SCHEDULE

## Fall 2007

**Fall Sessions:** 8 weeks each  
 September 4 – October 26  
 October 29 – December 21 (no class on November 21 & 22)

CLASS/AGE	DAY	TIME	INSTRUCTOR
<b>CLASS SERIES – MUST ENROLL – NO DROP-INS</b>			
<b>Baby Yoga:</b> 3mo-18mo With one parent/caregiver	Monday	11:45-12:15pm	Michelle Wing
	Friday	12:00-12:30pm	Michelle Wing
<b>Toddler Yoga:</b> 18mo-3yrs with one parent/caregiver	Tuesday	10:45-11:30pm	Kari Marble
	Wednesday	10:45-11:15am	Emmie Stamell
	Thursday	9:30-10:15am	Emmie Stamell
	Friday	11:00-11:45am	Jennifer Durand The Yoga Garden™
<b>Pre-K Yoga:</b> 3-5yrs drop-off class	Tuesday	3:30-4:15pm	Kate Truka
	Thursday	10:45-11:30am	Emmie Stamell
	Thursday	1:15-2:00pm	Emmie Stamell
<b>Kids' Yoga:</b> 5-7yrs	Monday	3:30-4:15pm	Kate Roades
<b>Rocket Kids:</b> 8-13yrs	Wednesday	3:30-4:15pm	Kate Roades
<b>Teens:</b> 14-17yrs	Tuesday	4:30-5:15pm	Kate Roades
<b>DROP-IN CLASSES</b>			
<b>Family Yoga</b>	Saturday	10:30-11:15am	Emmie Stamell
	Sunday	10:30-11:15am	Rosey Kobliska-Becker
<b>Prenatal Yoga</b>	Tuesday	9:00-10:30am	Kari Marble
<b>Postnatal - Mom &amp; Baby Yoga</b> newborn to crawling	Tuesday	12:00-1:00pm	Kate Roades
	Thursday	11:30-12:45pm	Tammie Winter
<b>Mom &amp; Baby Pilates</b> newborn to walking	Monday	10:30-11:30am	Emmie Stamell
	Wednesday	9:15-10:30am	Rachel Schwimmer
	Friday	4:30-5:30pm	Rachel Schwimmer
<b>Adult Yoga</b>	Tuesday	2:15-3:15pm	Kate Truka
	Wednesday	6:30-7:45pm	Kate Roades
	Thursday	2:15-3:15pm	Kate Roades
	Friday	9:15-10:45am	Jennifer Durand
	Saturday	9:00-10:15am	Emmie Stamell