

Recreation Country Club Schedule Fall 09'

Monday: 8:30-9:30 am *Mellow Vinyassa* with Kim Chandler
10:00-11:00 am *Gentle Yoga* with Kim Chandler
6:00-7:00 pm *Pilates* with Mary Beth Murphy
7:00-8:00 pm *Intermediate Tai Chi* with Shahin Barzin

Tuesday: 8:30-9:30 am *Pilates* with Mary Beth Murphy
5:30-6:30 pm *Yoga* with Kim Chandler

Wednesday: 3:30-4:30 pm *Beginner Ballet* with Mary Beth Murphy
4:30-5:30 pm *Modern Dance* with Mary Beth Murphy

Thursday: 8:30-9:30 am *Pilates* with Mary Beth Murphy
7:00-8:30 pm *Beginners Yoga* with Kim Chandler

Friday: 8:30-9:30 am *Yoga* with Kim Chandler
10:00-11:00 am *Yoga* with Kim Chandler

For registration form please visit www.jamestownri.com/rec/rec.html, or please stop the Recreation Center at 41 Conanicus Avenue. Any further questions please contact Jill at 423-2328 or email jgoldstein@jamestownri.net.