

# Jamestown Recreation Exercise Classes Summer 11'

## Schedule

### Mondays-

10:00-11:15am- Gentle Yoga (Denise Rounds)  
5:00-6:00pm- Yoga For Everybody (Diana McCalister)  
6:00- 7:00pm- Pilates (Mary Beth Murphy)  
7:15-8:00pm- Intermediate Tai Chi (Shahin Barzin)

### Tuesdays-

6:15-7:30am- Yoga at Beavertail (Starts July 7<sup>th</sup> with Denise Rounds)  
8:30-9:30am- Pilates (Marybeth Murphy)  
10:00-11:15am- Gentle Flow Yoga (Diana McCalister)  
5:30-6:45pm- Vinyasa Flow Yoga (Nancy Escher)

### Wednesdays-

7:00-8:15am- Vinyasa Flow Yoga (Nancy Escher) July 6<sup>th</sup>-Aug 24<sup>th</sup> 8 classes \$80

### Thursdays-

6:15-7:30am- Yoga at Beavertail (TBD)  
8:30-9:30am- Pilates (Marybeth Murphy)  
10:00-11:15am- Gentle Flow Yoga (Diana McCalister)

### Fridays-

8:30-9:45am- Yoga (Nancy Escher) (8:00- 9:15am starting June 1<sup>st</sup>-Aug 26<sup>th</sup>)

### Saturdays-

8:00-9:15am- Yoga at Beavertail (TBD)  
9:00-10:15am- Yoga For Everybody (Diana McCalister)

### Sundays-

\*all classes are held at the Country Club across from the JPD, unless otherwise specified\*