

Exercise Schedule for Jamestown Parks & Rec  
(At Bridges, 2 Hammett Court)

Monday- 10:00-11:15am Gentle Yoga (Denise Rounds)  
5:30-6:45pm Yoga for Everybody (Diana McCalister)  
7:30-8:15pm Intermediate Tai Chi (Shahin Barzin)

Tuesday- 10:00-11:15am Relax and Renew (Diana McCalister)

Wednesday-

Thursday- 6:00-7:15am Yoga (Denise Rounds)  
10:00-11:15am Relax Yoga (Diana McCalister)  
6:00-7:15pm Intro Yoga (Diana McCalister)

Friday-

Saturday- 9:00-10:15am Yoga for Everybody (Diana McCalister)