

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 5th with Robin Lee)
8:30-9:30am- Pilates (Marybeth Murphy)
10:00-11:15am- Relax and Renew Yoga (Diana McCalister)
5:30-6:45pm- Vinyasa Flow Yoga (Nancy Escher)

Wednesdays-

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

Thursdays-

6:15-7:30am- Yoga at Beavertail (Starts July 7th with Denise Rounds/Robin Lee)
8:30-9:30am- Pilates (Marybeth Murphy)
10:00-11:15am- Relax and Renew Yoga (Diana McCalister)

Fridays-

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

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