



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SPIRIT MIND BODY SCHEDULE

## NORTHWEST YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:00-6:30am Pilates Tina			
		11:45-12:45pm Yoga Michelle	9:00-10:15am Yoga Michelle			
6:15-7:00pm Pilates Tina			6:30-7:45pm Yoga Michelle			

Updated September 1, 2011