

## Exercise Class Schedule January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 am Weights and Conditioning - Judy				Pilates for beginners 9:00-10:00 am Judy Oros	*Vinyasa Yoga 9:00-10:00 am Corbie Hadley
	10:00 – 11:00 am Walk Fit Judy Pearson		10:00-11:00 am Chair Class Judy Pearson		(no class Jan. 7 or 28)
		2:00-3:00 pm Vinyasa Yoga Al Walton			
3:30-4:30 pm Gentle Yoga Al Walton		3:30-4:30 pm Gentle Yoga Al Walton			
5:30-6:30 pm Zoom - Core & More Judy Oros	Staff exercise class 4:45 -5:30 pm Judy Oros	5:30-6:30 pm Zoom - Core & More Judy Oros	5:00-6:00 pm Vinyasa Yoga Al Walton		
6:00-7:00 pm Vinyasa Yoga Jennifer Lovelace					

For Al Walton yoga classes, call Al at 901-484-3730 prior to first class.  
 For Zoom classes: Contact Judy Oros at 901-336-8639 to be added to list for Zoom link.  
 Saturday yoga: call or text Corbie to let her know you are coming. 901-831-6770  
 Everyone is welcome to attend the staff exercise class on Tuesdays.  
 \$5.00  
 (You do not have to be on staff.)

CLASS PRICES	
Walk Fit & Chair Class	\$5.00
Core & More	\$10.00
Gentle yoga	
Pilates	\$10.00
Vinyasa Yoga	\$7.00