

ZynerG Exercise Studio Schedule

Zacharias Ganey Health Institute

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM							
7:00 AM							
8:00 AM		Gentle Moves 8:15-8:45 SR	Flow Yoga 7:45-8:45 FF	Gentle Moves 8:15-8:45 SR	Flow Yoga FF 8:45-9:45	Power Yoga FF 8:00	
9:00 AM		Advanced Yoga FF 9:00	Chair Yoga BB 9:00	Core Integration SL 9:30			Pilates GF 9:00
10:00 AM		Yoga for Weight Loss BB 10:30	Pilates SG 10:30	Yoga for Weight Loss BB 10:30	Pilates SL 10:30	PiYo SG 10:15	Power Yoga GF 10:00
11:00 AM					Chair Yoga BB 11:30	Gentle Yoga BB 11:30	
12:00 PM	Beg Lev 1 Yoga BB 12:00	Pilates SG 12:00		Yoga JB 12:00-1:15			Beg Lev 1 Yoga 12:00-1:00 BB
1:00 PM	Beg Lev 2 Yoga GF 1:00						Yin Yoga** 1:15-2:15 FF
2:00 PM	Beg Lev 2 Yoga GF 2:00						
3:00 PM	Beg Pilates DS 3:00						
4:00 PM			Beg Lev 1 Yoga BB	Yoga for Men BB 4:30		Tai Chi JF 3:30-4:15 Yoga for Weight Loss BB 4:30	
5:00 PM		Pilates DS 5:30-6:30	Power Yoga 5:30-6:45 GF	Pilates on the Ball GF 5:30	Pilates GF 5:30		
6:00 PM		Gentle Yoga RMM 6:30	Meditation & Relaxation GF (6:45-7:30)	Beg Lev 2 Yoga GF 6:30	Gentle Yoga RMM 6:30		
7:00 PM							
8:00 PM							

updated 3-29-2012

The second Saturday of each month we will offer **Restorative Yoga with Sherry in lieu of Yin 1:15-2:15 pm.

Instructors:

BB-Barbara Brown
 DS-Diane Simmons
 FF-Frere French
 GF-Galina Fedorova

JF-Jack Fuller
 JB-Jodi Bock
 RMM-Rose Marie Mitchell
 SR-Sallie Rhett

SL-Sally Lowell
 SG-Sherry Granader