

BEYOND PT SCHEDULE

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	2 7:30 am - Mobility Flow 4:30 pm – Pilates Flow 6:00 pm – Alignment Yoga, Level 1	3 7:30 am - SlowFlow	4 9:30 am – Alignment Yoga, Level 2
5	6	7 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5	8 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	9 7:30 am – Mobility Flow 4:30 pm – Pilates Flow 6:00 pm – Alignment Yoga, Level 1	10 7:30 am – SlowFlow	11 9:30 am – Alignment Yoga, Level 2
12	13 12:00 pm – Melt Monday	14 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5	15 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	16 7:30 am – Mobility Flow 4:30 pm – Pilates Flow 6:00 pm – Alignment Yoga, Level 1	17 7:30 am – SlowFlow 10:00 am – Tai Chi	18 9:30 am – Alignment Yoga, Level 2
19	20	21 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5	22 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	23 7:30 am – Mobility Flow 4:30 pm – Pilates Flow	24 7:30 am – SlowFlow 10:00 am – Tai Chi	25 9:30 am – Alignment Yoga, Level 2
26	26 MEMORIAL DAY OFFICES CLOSED	28	29 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	30 7:30 am – Mobility Flow 4:30 pm – Pilates Flow	31 7:30 am – SlowFlow 10:00 am – Tai Chi	

SlowFlow, *Jessica Day* | MELT, *Diane Shiffer* | Alignment Yoga, *DeeAnn Dougherty* | Tai Chi for Better Balance, *Jim Dalton* | MELT Monday, *Kim Reis*
Exploring Movement, Exploring Stillness, *Jim Dalton* | Keep Moving with Essentrics, *Jan Landis* | Mobility Flow, *Andrea Fastenow*
Pilates Flow Mat Class, *Shannon Coffel Vial*

