



NOVEMBER SMALL GROUP WELLNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Meditation 9am-10am Multi Purpose Room				Sound Bath Bowls 9:30-10:30 am Multi Purpose Room	
	Pilates Reformer Level 2 10:15am-11:15am Multi Purpose Room	Pilates Reformer Level 3 10:15-11:15am Multi Purpose Room	Pilates Reformer Level 1 10:15-11:15am Multi Purpose Room	Pilates Reformer Level 3 10:15-11:15am Multi Purpose Room	Strength Training for Seniors 10:00-10:45am Fitness Center	
			INTRO to Pilates Reformer 11:20-12:20pm Multi Purpose Room	Pilates Reformer Level 2 11:20-12:20pm Multi Purpose Room	Pilates Reformer Level 1 11-12pm Multi Purpose Room	
Sound Bath Bowl 4:00-5:00pm Multi Purpose Room		Group Acupuncture 3:30-5:30pm Multi Purpose Room		Group Acupuncture 1:00-3:00p, Multi Purpose Room	Friday November 22 Smoothie Alchemy 1130-12:30	
				Moving with Parkinson's 1:30-2:30 Studio 2	1	

Small Group Wellness Pricing

1 60-minute session: \$25/each
5 60-minute sessions: \$79/month
10 60-minute sessions: \$143/month

HEALTH AND WELLNESS DIRECTOR
 Jojo Goulding jo.goulding@ymcamn.org