

# Starting the week of February 4<sup>th</sup>, 2007

(as of January 14,2008)

(the schedule is subject to changes before the classes begin)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-10:00AM <b>HATHA YOGA</b> (All Levels, Avelynn)	6:30-7:30am <b>HATHA YOGA</b> (All Levels, Jacinda)	9:00-10:00am <b>HATHA YOGA</b> (All Levels- Velvet)	7:00-8:00am <b>HATHA</b> s, Jacinda)		8:30-9:45am <b>HATHA YOGA</b> (All Levels – Avelynn)	9:00-10:00am <b>COMMUNITY MEDITATION</b> <b>\$7.00 class</b> (All Levels, teachers vary)
12:00-1:00pm <b>LUNCHTIME HATHA YOGA</b> (All Levels, Avelynn)	10:30-11:30am <b>PARENT &amp; CHILD AFRICAN DANCE &amp; DRUMMING *</b> (Ages babies-6, Vincent) (8-week session) <u>ZEBRA KIDS, INC</u>		10:30-11:30am <b>INFANT MASSAGE WORKSHOP</b> (Ages newborn-pre-crawling, Cindy) (4-week session – advanced registration required Feb. 14 <sup>th</sup> – March 6 <sup>th</sup> )			11:00am-12:00pm <b>INFANT MASSAGE WORKSHOP</b> (Ages newborn-pre-crawling, Cindy) (4-week session – advanced registration required Feb. 10 <sup>th</sup> – March 2 <sup>nd</sup> )
4:00-5:00pm <b>AFRO-CARIBBEAN DANCE for Kids*</b> (ages 4-10, Vincent) (8-week session) <u>ZEBRA KIDS, INC</u>	4:00-5:00pm <b>KIDS YOGA</b> (Ages 4-10, Dawn)		4:30-5:30pm <b>AFRICAN DRUMMING FOR KIDS*</b> (ages 4-10, Vincent) (8-week session) <u>ZEBRA KIDS, INC</u>	6:00-7:00pm <b>AFRICAN &amp; AFRO-CARIBBEAN DANCE &amp; DRUMMING FOR PRE-TEENS &amp; TEENS*</b> (Ages 11-19, Vincent) (8-week session) <u>ZEBRA KIDS, INC</u>	12:00-1:00pm <b>AFRICAN &amp; AFRO-CARIBBEAN DANCE &amp; DRUMMING FOR FAMILIES*</b> (All Ages, Vincent) (8-week session) <u>ZEBRA KIDS, INC</u>	2:00-3:30pm <b>PRENATAL YOGA</b> (All Levels, Jacinda)
	5:30-6:45pm <b>HATHA YOGA</b> (Beginner - Velvet)	5:30-6:45pm <b>TAI CHI CHUAN</b> (All Levels – Abbi) - certified instructor of William C.C. Chen	5:45-7:00pm <b>GENTLE YOGA CLASS</b> (All Levels – Dawn)	7:15-8:15pm <b>AFRICAN DANCE FOR ADULTS*</b> (All Levels, Vincent) (8-week session) <u>ZEBRA KIDS, INC, AND ADULTS</u>		5:30-6:30pm <b>SALSA FOOTWORK CHALLENGE CLASS</b> (All Levels, Walter) **Shoe policy**
7:30-8:45pm <b>GENTLE &amp; DEEP YOGA RELAXATION</b> (All Levels, Michael)	7:00-8:30pm <b>HATHA YOGA</b> (All Levels - Velvet)	7:00-8:30pm <b>HATHA YOGA</b> (All Levels - Dawn)	7:15-8:15pm <b>INTRO TO QIGONG</b> (All Levels, Janice) (8-week session – advanced registration required)	8:30-9:30pm <b>AFRICAN DRUMMING FOR ADULTS*</b> (All Levels, Vincent) (8-week session) <u>ZEBRA KIDS, INC, AND ADULTS</u>		7:00-8:30pm <b>COMMUNITY YOGA CLASS</b> <b>\$7.00 class</b> (All Levels, Erin)