

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