

2012 WINTER SESSION YOGA CLASSES FOR CH MEMBERS!



Adult ONLY Classes

Tuesday & Thursday Evenings 7:15 – 8:30 pm
Wednesday Mornings 6:30 – 7:45 am
Saturday Mornings 7:45 – 9:00 am

Family ONLY Class

Saturday Mornings 9:00 – 10:00 am

The fall session runs from September through December

**Tuesdays: 1/10, 1/17, 1/24, 1/31, 2/7,
2/14, 2/28, 3/6, 3/13, 3/20, 3/27**

**Wednesdays: 1/4, 1/11, 1/18, 1/25, 2/1, 2/8,
2/15, 2/29 3/7, 3/14, 3/21, 3/28**

**Thursdays: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16,
3/1, 3/8, 3/15, 3/22, 3/29**

**Saturdays: 1/7, 1/14, 1/28, 2/4, 2/11,
3/3, 3/10, 3/17, 3/24, 3/31**

Beginners are welcome!
CLASSES ARE FOR CH MEMBERS ONLY!