



# Belknap/HSC Classes



[http://shineyogawellness.com/wp-content/uploads/2015/05/Stock\\_000019077686\\_Double.jpg](http://shineyogawellness.com/wp-content/uploads/2015/05/Stock_000019077686_Double.jpg)

**Classes offered in partnership with the *School of Medicine* and the *School of Music* and are always free!**

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00a	Yoga Cathy CTR Lobby		Yoga Cathy CTR Lobby		
12:00-12:45p		Water Fitness Laura Natatorium		Water Fitness Laura Natatorium	
12:00-1:00p	Tai Chi Vanessa Abell 2nd FL Lobby	Yoga Patrice Abell 2nd FL Lobby	Tai Chi Vanessa Abell 2nd FL Lobby	Yoga Patrice Abell 2nd FL Lobby	Salsa Cherie Chestnut St. Facility
12:20-1:00p		Chair Yoga Cathy Music School RM142		Chair Yoga Cathy Music School RM142	
		CARDIO	STRENGTH	CARDIO + STRENGTH	

