



Tai Chi, Barre, Pilates, Yoga, & PiYo



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Monday	Tuesday	Wednesday	Thursday
7:00-8:00 a.m. Tai Chi Studio B		7:00-8:00 a.m. Tai Chi Studio B	
12:00-12:50 p.m. Barre Basics Studio A	12:00-12:50 p.m. Pilates Studio B	12:00-12:50 p.m. Barre Basics Studio A	12:00-12:50 p.m. Pilates Studio B
12:00-12:50 p.m. Lunchtime Yoga Studio B		12:00-12:50 p.m. Lunchtime Yoga Studio B	
5:30-6:30 p.m. PiYo Studio B	5:30-6:30 p.m. Power Vinyasa Studio B	5:30-6:30 p.m. PiYo Studio B	5:30-6:30 p.m. Power Vinyasa Studio B

Looking for more? Consider joining us on Tuesdays from 4:30-4:55 p.m. room 116 for Moment of Mindfulness with Dr. Paul Salmon. See program flyer for full details.



Classes FREE with GHN Wellness Center Membership.
Visit the GHN Wellness Center to enroll.
Free and convenient onsite parking | Bike racks available