



OCTOBER SMALL GROUP WELLNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Meditation 9am-10am Studio 2				Sound Bath 930am-1030am Multipurpose Room
	Pilates Reformer Level 2 1015am-1115am Multipurpose Room	Pilates Reformer Level 3 1015am-1115am Multipurpose Room	Pilates Reformer Level 1 1015am-1115am Multipurpose Room	Pilates Reformer Level 3 1015am-1115am Multipurpose Room	Strength Training for Seniors 10am-1045am Fitness Center
			INTRO to Pilates Reformer 1120am-1220pm Multipurpose Room	Pilates Reformer Level 2 1120am-1220pm Multipurpose Room	Pilates Reformer Level 1 11am-12pm Multipurpose Room
Sound Bath 3pm-4pm Multipurpose Room		Group Acupuncture 330pm-530pm Multipurpose Room		Moving with Parkinson's 130pm-230pm Studio 2	Oct 25th ONLY- Nutrition Workshop: Meal Prep Made Easy: Build Your Own Bowl 1130am-1230pm Community Room

Small Group Wellness Pricing

1 60-minute session: \$25/each
5 60-minute sessions: \$79/month
10 60-minute sessions: \$143/month

HEALTH AND WELLNESS DIRECTOR

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