



## Imagine Fitness & Yoga Schedule *In Studio or Zoom*

|                     | SUN                              | MON  | TUES                               | WED                                    | THURS                              | FRI                                     | SAT                                    |
|---------------------|----------------------------------|--|------------------------------------|--|------------------------------------|---|--|
| 6:00 am - 7:00 am   |                                  |  | Total Body Fitness (BJ)            |  | Total Body Fitness (BJ)            |   |  |
| 7:00 am - 8:00 am   |                                  | Ashtanga Yoga (Wendy)                      |                                    | Vinyasa Yoga II/III (JT)               |                                    |   |  |
| 8:00 am - 9:00 am   |                                  |  |                                    |  |                                    |   | Slow Flow Vinyasa Yoga (JT)            |
| 8:30 am - 9:30 am   | Vinayasa Yoga I/II (Sam)         |  |                                    |  |                                    |   |  |
| 9:00 am - 10:00 am  |                                  | Total Strength & Balance (Jackie)          | Primary Ashtanga Series (Sandra)   | Strength, Stretch & Flexibility (John) | Primary Ashtanga Series (Sandra)   | Mat Pilates (Sara)                      | Strength, Stretch & Flexibility (John) |
| 9:30 am - 10:25 am  |                                  |  | Total Strength & Balance (Allison) |  | Total Strength & Balance (Allison) |   |  |
| 10:00 - 11:00 am    | Mat Pilates (Sara) (begins 10/5) |  |                                    |  |                                    |   |  |
| 10:30 am - 11:30 am |                                  |  | Continuing Tai Chi (Diane)         | Yoga Fundamentals (Sam)                | Hatha Yoga (Sam)                   | Intro to Barre (Allison) (begins 10/16) |  |
| 11:00 am - 12:00 pm |                                  | Foundational Yoga Flow (Zoom only) (Marty) |                                    |  |                                    |   |  |
| 5:00 pm - 6:00 pm   |                                  | Beginner Tai Chi (Live only)               |                                    |  |                                    |   |  |
| 5:30 pm -6:30 pm    |                                  |  |                                    | Cycle & Sculpt (Jackie) (begins 10/7)  | Continuing Tai Chi (Live only)     |   |  |
| 6:00 pm - 7:00 pm   |                                  |  | Full Body Blast (Caren)            |  | Butts & Gutts (Caren)              |   |  |

Visit us online for the latest updates and to sign up at [imaginefitnessandyoga.com](http://imaginefitnessandyoga.com)!