

THE
MOTHERHOOD
CENTER

Yoga Class Schedule

Mondays

9:30-10:30am	Prenatal Yoga	Teresa Coker
5:15-6:15pm	Prenatal Yoga	Teresa Coker

Tuesdays

7:30-8:30am	Core Yoga	Marjie McNamee
9:30-10:30am	Prenatal Yoga	Marjie McNamee
11:15am-12:00pm	Mommy & Me Yoga	Barbara Strax
6:00-7:00pm	Prenatal Yoga	Erika Locke

Wednesdays

9:30-10:30am	Prenatal Yoga*	Erika Locke
10:45-11:45am	Core Yoga*	Erika Locke
5:15-6:15pm	Prenatal Yoga	Marjie McNamee

Thursdays

7:30-8:30am	Core Flow	Marjie McNamee
9:00-10:00am	Prenatal Yoga	Marjie McNamee
11:15-12:00pm	Mommy & Me Yoga	Barbara Strax
5:45-6:45pm	Prenatal Yoga	Barbara Strax

Fridays

9:15-10:15am	Core Yoga*	Marjie McNamee
10:30-11:30am	Prenatal Yoga*	Marjie McNamee

Saturdays

10:15-11:15	Prenatal Yoga	Barbara Strax
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Studio available at times not listed for private classes. Start your own Kid Yoga class!

More Classes Coming Soon

(*) = \$10 for Babysitting

1 Class	\$15.00
5 Classes (expires after 2 months)	\$70.00
10 Classes (expires after 4 months)	\$130.00
20 Classes (expires after 6 months)	\$240.00

Are you a member yet? Save 10% on classes.