

FITNESS INCENTIVE

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Yoga Class Schedule...

Effective Date: 1/26/2012

	All Levels	Beginner	Intermediate	Advanced	Limited Enrollment	Reserved	FitKids
	Home	Main Schedule	Class Description	Spin Schedule	FitKids Schedule	Yoga Printable Version	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5a ▶							
5:30 ▶							
6 ▶							
6:30 ▶		Pilates Xpress					
7 ▶		Dina V (45 min)					
7:30 ▶	Vinyasa		Vinyasa	Mat Pilates	Rise & Shine Vinyasa		
8 ▶	Karen B		Andrea P	Dina V	Andrea P		
8:30 ▶			Core Fusion				Vinyasa
9 ▶			Dina V				Angela S
9:30 ▶	Hot Yoga Fusion						1.5 hr
10 ▶	(9:00-10:30a)	Mat Pilates		Mat Pilates	Mat Pilates	Funky Flow Yoga	Vinyasa
10:30 ▶	Alissa D	Dina V		Dina V	Michelle W	Dina S	Angela S
11 ▶		Kripalu Hatha	Form & Focus Hatha		Vinyasa	Mat Pilates	
11:30 ▶		Carol L	Donna P		Jodi C	Dina S	
12p ▶				Kripalu Hatha		Essential Stretch	
12:30 ▶			Hot Fusion Yoga	Carol L		Cathy P	
1 ▶	Chair Yoga		(12:00-1:30p)	Chair Yoga		(1.25 hrs)	
1:30 ▶	Andrea P	Chair Yoga	Angela S	Andrea P			
2 ▶		Andrea P					
2:30 ▶							
3 ▶							
3:30 ▶							
4 ▶		Mat Pilates		Element Yoga			
4:30 ▶		Linda W		Andrea P			
5 ▶				Pilates Xpress			
5:30 ▶				Dina V (45 min)			
6 ▶							
6:30 ▶	Vinyasa	Vinyasa			Happy Hour		
7 ▶	Jodi C	Christina Z			Angela S		
7:30 ▶	Mat Pilates		Eclectic Mix	Hot Fusion Yoga	1.5 hr		
8 ▶	Nancy C		(7-8:30p)	(6:30-8:00p)			
8:30 ▶	Gentle Yoga	Eclectic Vinyasa Flow	Andrea P	Karen B			
9 ▶	Andrea P	Ron M		Vinyasa			
9:30 ▶				Karen B			
10 ▶							