

The Practice Room Center for Yoga and Healing

8 Maple St, PO Box 175, Meredith, NH 03253 603-279-3243 www.practice-room.com

New classes highlighted in red! Watch for more exciting new classes with guest instructors coming this Autumn! ● [Means childcare is available!!](#)

Mondays		
9:00 – 10:00 am	● ZUMBA! as of 10/17/11!	Kim Currell
10:30 – 11:30 am	● All Levels Yoga	Christina Alexa
4:00 – 5:00 pm	Yoga Pure	Christina Alexa
4:00 – 4:45 pm	Mat Pilates as of 10/24/11	Sarah Breslin
5:00 – 5:45 pm	Body Tone (body sculpting with weights!) as of 10/24/11	Sarah Breslin
5:30 – 6:45 pm	All Levels Yoga	Lori Card
6:15 – 7:15 pm	Prenatal Yoga	Jen Churchill
7:00 – 8:00 pm	Yoga Basics Plus! (Beginner to Intermediate)	Karen Dumont
Tuesdays		
9:30 – 10:45 am	● All Levels Yoga	Gail Stevens
12:15 – 1:30 pm	All Levels Yoga	Lori Card
5:30 – 6:45 pm	All Levels Yoga	Elis Marcoux
5:30 – 6:45 pm	Mat Pilates	Linda Goodwin
Wednesdays		
9:00 – 10:00 am	● Power Hour (Level II Yoga)	Kate Criscone
10:30 – 11:30 am	● All Levels Yoga	Karen Dumont
11:45 – 12:45 pm	Gentle Yoga	Karen Dumont
4:00 – 5:00 pm	Mandala Yoga	Christina Alexa
5:30 – 6:45 pm	Yoga Flow	Kate Criscone
5:30 – 6:45 pm	Yoga Basics: starts with Free Intro to Yoga 10/5 followed by 6 week Beginner Series	Lori Groleau
7:00 – 8:00 pm	All Levels Yoga	Kate Criscone
Thursdays		
9:15 – 10:45 am	● Yoga Spirit (Level II)	Kate Criscone
11 am - 12:00pm	● ZUMBA! as of 10/20/11!	Kim Currell
12:15 – 1:30 pm	All Levels Yoga	Lori Card
5:30 – 6:45 pm	All Levels Yoga	Elis Marcoux
5:30 – 6:45 pm	Standing Qi Gong 6 week Series (Begins 9/29)	Peter Stekl
7:00 – 8:00 pm	Yoga Basics Plus (Beginner to Intermediate)	Karen Dumont
Fridays		
8:00 – 8:30 am	3-2-1	Pasha Marlowe
8:30 – 9:15 am	Tai Chi for Stress Management	Pasha Marlowe
9:30 – 10:30 am	● Yin Yoga	Pasha Marlowe
10:30 – 11:30 am	● All Levels Yoga	Christina Alexa
4:00 – 5:00 pm	Yoga Pure	Christina Alexa
5:45 – 7:00 pm	All Levels Yoga	Emily Wolpin
Saturdays		
8:00 – 8:45 am	Mat Pilates as of 10/15/11	Sarah Breslin
9:00 – 9:45 am	Body Tone (body sculpting with weights!) as of 10/16/11	Sarah Breslin
9:30 – 10:45 am	All Levels Yoga	Jen Witcher
Sundays		
9:00 – 10:15 am	All Levels Yoga	Helen McConnell