

611 Siskiyou, Suite 10  
 (next to Safeway)  
 (541) 488 - 0108

# Inward Bound Wellness October Class Schedule



## Group Classes

Up to 10 people

*No advance registration necessary*

### Monday:

9 to 10:30 am Hatha Vinyasa **Chris**  
 10:45 to 11:45 am Pilates Mat **Jessica**  
 4:30 to 6 pm Sacred Bellydance **Gwen**

### Tuesday:

10:15 to 11:45 am Prenatal Yoga **Celina**  
 12 to 1 pm Shadow Yoga **Dara**  
 4 to 5:30 pm Yoga/Pilates **Kathryn**

### Wednesday:

9 to 10:30 am Hatha Vinyasa **Lisa**  
 4 to 5:30 pm Pilates Mat **Jen**  
 6 to 7:30 pm Intro to Naam Yoga **Celina**

### Thursday:

9 to 10:30 am Gyrokinesis® **Celina**  
 4 to 5:30 pm Vibrant Yoga **Jen**

### Friday:

9:15 to 10:15 am Mat Pilates **Jessica**  
 10:30 to 12:15 pm Hatha Vinyasa **Dara**

### Saturday:

10:45 to 12:45 pm Hatha Fundamentals  
 (followed by 30 min meditation) **Chris**  
 (no class 10/4)

### Sunday:

10 to 11:30 am Kundalini Yoga **Celina**  
 (resumes 10/26)  
 12 to 1:30 pm Vibrant Yoga **Jen**  
 (no class 10/5)

## Pilates Semi-Private Equipment Classes

Up to 4 people

Specially designed equipment acts as combination jungle gym & training wheels to assist the body in achieving core strength & flexibility. Small classes provide opportunities for private instruction for an individualized workout within a small group.

*Maximum 4 people -- Pre-register to secure your spot*

### Monday:

12:30 to 1:30 pm Intermediate **Celina**  
 5 to 6 pm Open **Jen**

### Tuesday:

1 to 2 pm Intermediate **Jen**

### Wednesday:

9 to 10 am Open **Celina**  
**NEW!!** 11 to 12 pm Pilates Toybox- Open **Jen**

### Thursday:

12 to 1 pm Open **Celina**

### Friday:

10:30 to 11:30 am Intermediate **Jessica**  
 11:45 to 12:45 pm Beginning **Jessica**

### Sunday:

10:45 to 11:45 am Beginning **Jen**  
 12 to 1 pm Intermediate **Celina**  
 (10/5 & 10/26 only)  
 1 to 2 pm Intermediate **Celina**  
 (10/12 & 10/19 only)