

~2018 Weekly Classes at AWC~

Monday

Ashtanga Yoga with Javier 6-8:30am

Morning Flow Yoga with Leah 9:30-11am

Hatha Yoga with Beth 3:30-4:30pm

Hatha Yoga with Joy 5:45-7:15pm

Tuesday

Yoga for Pelvic Floor Health with Leah 6:30-7:45pm

Wednesday

Ashtanga Yoga with Javier 6-9am

EZ Yoga with Linda 11:30am-1:30pm

Hatha Yoga with Morelia 5:30-6:30pm

Awareness Through Movement with Craig 6:30-7:30pm

Classic Nia with Valerie 7-8pm

Thursday

Morning Flow Yoga with Leah 9-10:30am

Awareness Through Movement with Craig 11am-12pm

Kundalini Yoga *as taught by Yogi Bhajan with Linda 7-8:30pm

Friday

Ashtanga Yoga with Javier 6-9am

Sunday

Zumba Bliss with Stephanie and Beth 5-6pm

*For pricing and registration please call the individual instructor prior to attending

Javier (850)997-4242 Beth (850)524-0983 Joy (850)508-4546

Leah (850)980-6338 Craig (850)591-2585 Valerie (305)905-8174

Morelia (850)688-8154 Linda (850)545-3978 Stephanie (850)443-5092

*For directions or more info please go to www.awc-tallahassee.com