

February 2012



INLET'S HOURS:

Monday – Thursday
5:00AM – 9:30PM
Friday
5:00AM – 8:00PM
Saturday
7:00AM – 5:00PM
Sunday
7:00AM – 4:00PM

CHILD CARE HOURS:

Monday – Thursday
8:00AM – 8:00PM
Friday
8:00AM – 7:00PM
Saturday
8:00AM – 2:00PM
Sunday
8:00AM – 12:00PM

www.inletfitness.com
689-2446

Though the experience and practice may change from class to class or from teacher to teacher, the overall experience is the same - being caught up in the flow of the movement and the moment.

All InletFitness Yoga instructors are either certified through a recognized school of yoga, registered with Yoga Alliance or are currently training and working towards certification and registry.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Flex Appeal – Kirsten 10:00 Hot Vinyasa - Ginny 12:30 Beginner Yoga– June 4:15 Relax/Restore -Melanie 5:30 Pilates – Nancy 6:45 Hot Vinyasa - Jen	2 8:30 Gentle - Linda 9:45 Pilates – Melissa 11:00 Warm Multi Lvl Flow -Dana 4:30 Yogilates – Michele S 6:00 Warm Yoga – Sherry 7:30- Candlelight Vinyasa- Jeremiah	3 8:30 Pilates – Pam 9:30 Ebb & Flow- Tyler 11:00 Warm "Slow Motion"- Ginny 12:30 Flex Appeal - Kirsten 5:45 Yoga - Susan	4 8:15 Pilates – Melissa 9:30 Hot Vinyasa – Chrissy 11:30 Gentle/Restore-Susan 3:15 Yoga – Michael
5 8:30 Multi Level – Susan 10:00 Gentle Basics-Susan 12:30 Ebb & Flow – Stephanie	6 8:30 Pilates – Pam 10:00 Shakti Flow - Delynda 12:30 Yoga – Diane 4:30 Teen Yoga - June 6:00 Hot Yoga – Liz 7:30 Multi lvl Yoga- Michael	7 8:30 Gentle - Beth 9:45 Pilates - Melissa 11:00 Yoga Nidra - Linda 12:30 Intro to Vinyasa-Helen 4:30 Pilates – Sherry 6:00 Warm Yoga – Sherry 7:30 Chandra Pravaha (Moon Flow)-Tyler	8 8:30 Flex Appeal – Kirsten 10:00 Hot Vinyasa - Ginny 12:30 Beginner Yoga– June 4:15 Relax/Restore -Melanie 5:30 Pilates – Laura 6:45 Hot Vinyasa - Dana	9 8:30 Gentle - Linda 9:45 Pilates – Melissa 11:00 Warm Multi Lvl Flow -Dana 4:30 Yogilates – Michelle S 6:00 Warm Yoga – Sherry 7:30- Candlelight Vinyasa- Jeremiah	10 8:30 Pilates – Pam 9:30 Ebb & Flow- Tyler 11:00 Warm "Slow Motion"- Ginny 12:30 Flex Appeal – Kirsten 5:45 Yoga - Susan	11 8:15 Pilates – TBA 9:30 Hot Vinyasa – Chrissy 1:00- 3:00 BEGINNER Yoga Workshop June 11:30 Restorative- Susan 3:15 Yoga – Michael
12 8:30 Multi Level – Susan 10:00 Gentle Basics-Susan 12:30 Ebb & Flow – Stephanie	13 8:30 Pilates – Pam 10:00 Shakti Flow - Delynda 12:30 Yoga – Diane 4:30 Teen Yoga - June 6:00 Hot Yoga – Liz 7:30 Multi lvl Yoga- Michael	14 8:30 Gentle - Beth 9:45 Pilates - Melissa 11:00 Yoga Nidra - Linda 12:30 Intro to Vinyasa-Helen 4:30 Pilates – Sherry 6:00 Warm Yoga – Sherry 7:30 Chandra Pravaha (Moon Flow)-Tyler	15 8:30 Flex Appeal – Kirsten 10:00 Hot Vinyasa - Ginny 12:30 Beginner Yoga– June 4:15 Relax/Restore Melanie 5:30 Pilates – Laura 6:45 Hot Vinyasa- Jen	16 8:30 Gentle - Linda 9:45 Pilates – Melissa 11:00 Warm Multi Lvl Flow -Dana 4:30 Yogilates – TBA 6:00 Warm Yoga - Sherry 7:30- Candlelight Vinyasa- Jeremiah	17 8:30 Pilates – Pam 9:30 Ebb & Flow- Tyler 11:00 Warm "Slow Motion"- Ginny 12:30 Flex Appeal – Kirsten 5:45 Yoga - Susan	18 8:15 Pilates – Michele G 9:30 Hot Vinyasa – Chrissy 11:30 Gentle/Restore-Susan 3:15 Yoga – Michael
19 8:30 Multi Level – Susan 10:00 Gentle Basics-Susan 12:30 Ebb & Flow – Stephanie	20 8:30 Pilates – Pam 10:00 Shakti Flow- Delynda 12:30 Yoga – Diane 4:30 Teen Yoga - June 6:00 Hot Yoga – Liz 7:30 Multi lvl Yoga- Michael	21 8:30 Gentle - Beth 9:45 Pilates – Melissa 11:00 Yoga Nidra - Linda 12:30 Intro to Vinyasa-Helen 4:30 Pilates – Sherry 6:00 Warm Yoga – Sherry 7:30 Chandra Pravaha (Moon Flow)-Tyler	22 8:30 Flex Appeal – Kirsten 10:00 Hot Vinyasa - Ginny 12:30 Beginner Yoga– June 4:15 Relax/Restore -Melanie 5:30 Pilates – Laura 6:45 Hot Vinyasa - Dana	23 8:30 Gentle - Linda 9:45 Pilates – Melissa 11:00 Warm Multi Lvl Flow -Dana 4:30 Yogilates – Michelle S 6:00 Warm Yoga - Sherry 7:30- Candlelight Vinyasa- Jeremiah	24 8:30 Pilates – Pam 9:30 Ebb & Flow- Tyler 11:00 Warm "Slow Motion"- Ginny 12:30 Flex Appeal – Kirsten 5:45 Yoga - Susan	25 8:15 Pilates – Melissa 9:30 Hot Vinyasa – Chrissy 11:30 Gentle/Restore-Susan 3:15 Yoga – Michael
26 8:30 Multi Level – Susan 10:00 Gentle Basics-Susan 12:30 Ebb & Flow – Stephanie	27 8:30 Pilates – Pam 10:00 Shakti Flow- Delynda 12:30 Yoga – Diane 4:30 Teen Yoga - June 6:00 Hot Yoga – Liz 7:30 Multi lvl Yoga- Michael	28 8:30 Gentle - Beth 9:45 Pilates – Melissa 11:00 Yoga Nidra - Linda 12:30 Intro to Vinyasa - Helen 4:30 Pilates – Sherry 6:00 Warm Yoga – Sherry 7:30 Chandra Pravaha (Moon Flow)-Tyler	29 8:30 Flex Appeal – Kirsten 10:00 Hot Vinyasa - Ginny 12:30 Beginner Yoga– June 4:15 Relax/Restore -Melanie 5:30 Pilates – Laura 6:45 Hot Vinyasa - Dana		NEW YOGA CLASS! 11:00 Friday Slow Motion With Ginny	Yoga & Pilates