

FALL 2009 Begins September 28th

Monday	Colonial Fitness	6:45-8:00 pm	"Learn Baptiste"	Series Class	MaryAnn
	Flying Hills Fitness	6:30-7:30 pm	Spinning	sign-up required	Linda
	Flying Hills Fitness	7:30-9:00 pm	Baptiste Vinyasa	All Levels	Linda
Tuesday	Colonial Fitness	9:15-10:30 am	Bikram "75"	All Levels	MaryAnn
	YMCA	12:15-1:00 pm	Power Lunch	All Levels	MaryAnn
	Colonial Fitness	6:00-7:15 pm	Bikram "75"	All Levels	MaryAnn
Wednesday	Flying Hills Fitness	6:00-7:00 am	Spinning	sign-up required	Linda/Ali
	Flying Hills Fitness	9:15-10:15 am	Learn Power Hour	Series Class	Linda
Thursday	Flying Hills Fitness	9:15-10:45 am	Baptiste Vinyasa	All Levels	Linda
	YMCA	12:15-1:00 pm	Power Lunch	All Levels	Linda
	Colonial Fitness	5:30-7:00 pm	Baptiste Vinyasa	All Levels	Linda
	Colonial Fitness	7:15-8:30 pm	Slow Vinyasa	All Levels	Linda
Friday	Flying Hills Fitness	6:00-7:00 am	Spinning	sign-up required	Linda
	Colonial Fitness	9:15-10:45 am	Baptiste Vinyasa	All Levels	Linda
Saturday	Colonial Fitness	8:00-9:30 am	Baptiste Vinyasa	All Levels	Linda
	Colonial Fitness	9:15-10:15 am	Spinning	no sign-up needed	MaryAnn
	Colonial Fitness	10:15-11:45 am	Restorative Yoga	Series Class	Linda and MaryAnn
Sunday	Colonial Fitness	8:00-9:30 am	Baptiste Vinyasa	All Levels	Linda
	Colonial Fitness	TBA	Advanced Practice	*ckeck website*	Linda/Amanda

108 Sun Salutes Sunday, December 20th 4-6 pm-celebrate the Holidaze!

Fitzy's Run - Sunday, October 25th ! No class that morning! Be at the run!

Thanksgiving Morning Practice 8-9:30 am

For series class dates and registration. Please see the website

Always check the website for a complete list of updates: www.lindaspoweryoga.com

Linda's
power
yoga

