April 2014 Mind/Body Drop-in Schedule

East Boulder Community Center • 5660 Sioux Dr. • 303-441-4400						
NOTE: Classes that take place in the Aerobics Room are limited to 20 participants for safety reasons.						
Yin Yoga	#		Dance	Mon	12 - 1 pm	Karen Cobble
Nia			Aerobics	Mon	6:05 - 7:05 pm	K.O.
Nia			Dance	Tue	12 - 1 pm	Laura Olinger
ZUMBA			Senior Ctr.	Tue	5:30 - 6:30 pm	Odalys Munoz
Nia			Aerobics	Wed	10:30 - 11:30 am	Wendy Rochman
Pilates/Yoga Combo	#		Dance	Wed	12 - 1 pm	Alicia Grayson
Yoga ***new time***	#	★	Senior Ctr.	Wed	5:15 - 6:15 pm	Brian Burton
ZUMBA			Aerobics	Wed	6:05 - 7:05 pm	K.O.
Nia			Dance	Thu	12 - 1 pm	Laura Olinger
Nia			Aerobics	Thu	4:15 - 5:15 pm	Tracy Goldenberg
Nia			Dance	Fri	10:45 - 11:45 am	K.O.
Yoga	#		Dance	Fri	12 - 1 pm	Brian Burton
Nia		★	Aerobics	Sat	10:30 - 11:30 am	K.O.
Nia			Dance	Sun	10:30 - 11:30 am	Tracy Goldenberg
Yoga	#		Dance	Sun	11:45 - 12:45 pm	Lori Batchellor / Arielle Schwartz
North Boulder Recreation Center • 3170 Broadway • 303-413-7260						
Ayre			Bison/Sage	Mon	8:20 - 9:20 am	Juliet Seskind
ZUMBA		★	Bison/Sage	Mon	9:30 - 10:30 am	K.O.
Chi Kung		★	Bison/Sage	Mon	10:45 - 11:45 am	Sweigh Spilkin
Yoga	#	★	Yoga	Mon	12 - 1 pm	Shawna Suzyn
Restorative Yoga and Prana	#		Yoga	Mon	4:20 - 5:35 pm	Louann Harlow
Nia ***NEW***			Yoga	**Mon**	**5:45 - 6:45pm**	Kim Robinson
Yoga	#		Yoga	Tue	8 - 9 am	Alicia Grayson
Ayre		★	Bison/Sage	Tue	9 - 10 am	Juliet Seskind
Yin Yoga	#	★	Yoga	Tue	10:15 - 11:15 am	Karen Cobble
Nia ***NEW***		★	Bison/Sage	**Tue**	**10:30 - 11:30am**	Vicki Johnson
Pilates/Yoga Combo	#	★	Yoga	Tue	11:45 - 12:45 pm	Lisa Byron
Yoga	#	★	Yoga	Wed	9 - 10 am	Caroline Goosman
Ayre		★	Bison/Sage	Wed	9:15 - 10:15 am	Juliet Seskind
Yoga	#	★	Yoga	Wed	12 - 1 pm	Shawna Suzyn
Dance Fusion			Bison/Sage	Wed	5:30 - 6:30 pm	Kathryn Leavitt
Nia		★	Bison/Sage	Thu	10:45 - 11:45 am	Vicki Johnson
Yoga	#	★	Yoga	Thu	12 - 1 pm	Angel Lin
Pilates Mat	#	★	Yoga	Thu	4:15 - 5:15 pm	Tamara Conner
Ayre		★	Bison/Sage	Thu	5:30 - 6:30 pm	Juliet Seskind
Yoga	#	★	Bison/Sage	Fri	8:50 - 9:50 am	Ravi Dykema
Pre-Post Natal Yoga	#	★	Yoga	Fri	10:30 - 11:45 am	De West
Ayre		★	Bison/Sage	Fri	10:45 - 11:45 am	Juliet Seskind
Nia		★	Dance	Fri	11:10 - 12:10 pm	Wendy Rochman
Yoga	#	★	Yoga	Fri	12:15 - 1:15 pm	Angel Lin
Ayre			Bison/Sage	Sat	10:15 - 11:15 am	Juliet Seskind
Yoga	#		Yoga	Sat	11:30-12:30 pm	Andrea Ahrens
Yoga	#		Yoga	Sun	9 - 10 am	Louis Carlino
Heartbeatyoga ***NEW***	#		Yoga	Sun	10:15-11:45am	Louann Harlow **Meets on 4/6 only**
Nia			Yoga	Sun	12 - 1 pm	Wendy Rochman
South Boulder Recreation Center • 1360 Gillaspie • 303-441-3448						
Nia			Dance	Mon	9 - 10 am	Tracy Goldenberg
Yoga	#		Dance	Mon	12 - 1 pm	John Steele
Yoga	#		Dance	Tue	12 - 1 pm	Tom Schweda
Yoga	#		Dance	Wed	7:15 - 8:15 pm	Andrea Ahrens
Yin Yoga	#		Dance	Thu	12 - 1 pm	Karen Cobble
Pilates/Yoga Combo	#		Dance	Fri	12 - 1 pm	Lisa Byron
Nia			Dance	Sat	8:10 - 9:10 am	Tracy Goldenberg

Minimum age to participate in all Mind/Body drop-in classes is 14.

★ = childcare available

Schedule is subject to change.

 # Recommendation: Completion of at least one registered course or previous experience

 # Recommendation: Bring your own yoga mat

Kathleen Murphy, Mind/Body Programs Coordinator • 303-413-7466

www.BoulderParks-Rec.org