

## ***Simply Yoga Class Schedule***

(eff. 1/1/2012)

| <b>Day</b> | <b>Start Time</b> | <b>End Time</b> | <b>Class</b>              | <b>Instructor</b>                  |
|------------|-------------------|-----------------|---------------------------|------------------------------------|
| Monday     | 9:00 AM           | 10:15 AM        | Vinyasa Flow              | Asha Sahijwani                     |
| Monday     | 6:00 PM           | 7:30 PM         | Forrest Yoga - All levels | Debra Hess                         |
| Monday     | 7:45 PM           | 9:00 PM         | New to Yoga               | Kristin Roosevelt<br>Linda Lurcott |
| Tuesday    | 9:30 AM           | 11:00 AM        | Yoga & Meditation         | Mimi Liberi                        |
| Tuesday    | 6:15 PM           | 7:30 PM         | New to Yoga               | Danielle Anastasi                  |
| Tuesday    | 7:45 PM           | 9:00 PM         | Yoga & Meditation         | Jillian Fragale                    |
| Wednesday  | 9:00 AM           | 10:15 AM        | Forrest Yoga - All levels | Debra Hess                         |
| Wednesday  | 10:45 AM          | 12:00 PM        | Restorative Yoga          | Katie Tandon                       |
| Wednesday  | 12:00 PM          | 1:00 PM         | Lunchtime                 | Katie Tandon                       |
| Wednesday  | 6:15 PM           | 7:30 PM         | Forrest Yoga - All levels | Debra Hess                         |
| Wednesday  | 7:45 PM           | 9:00 PM         | Meditation                | Debra Hess                         |
| Thursday   | 6:30 PM           | 7:45 PM         | Forrest Yoga - All levels | Jessica Weaver                     |
| Friday     | 9:30 AM           | 10:45 AM        | Forrest Yoga - All levels | Debra Hess                         |
| Saturday   | 9:00 AM           | 10:15 AM        | Kundalini                 | Debra Hess                         |
| Saturday   | 10:30 AM          | 11:45 AM        | Forrest Yoga - All levels | Debra Hess<br>Jillian Fragale      |
| Sunday     | 9:00 AM           | 10:15 AM        | Restorative Yoga          | Katie Tandon                       |
| Sunday     | 12:00 PM          | 1:15 PM         | Classical Yoga            | Dawn Mehan                         |

***Please check the website for the most up-to-date schedule.***

*\* Simply Yoga Studios, Eagleview Town Center, 598 Wharton Blvd., Exton, PA 19341 \**



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| Wednesday | Start Time | End Time | Class                      | Instructor        |
|-----------|------------|----------|----------------------------|-------------------|
| Wednesday | 1:00 PM    | 2:15 PM  | Yoga Ball                  | Susan Sluk        |
| Wednesday | 4:30 PM    | 5:30 PM  | Kids Class (5 - 9)         | Susan Sluk        |
| Wednesday | 6:00 PM    | 7:15 PM  | Iron OM                    | Susan Sluk        |
| Wednesday | 6:00 PM    | 7:15 PM  | Vinyasa Flow               | Colleen Robinson  |
| Thursday  | 11:00 AM   | 11:45 AM | Mom & Baby                 | Susan Sluk        |
| Thursday  | 12:15 PM   | 1:15 PM  | Parent & Child             | Susan Sluk        |
| Thursday  | 1:00 PM    | 2:15 PM  | Yoga Strength/Core         | Susan Sluk        |
| Thursday  | 4:30 PM    | 5:30 PM  | 10-12 Year Olds            | Susan Sluk        |
| Thursday  | 4:30 PM    | 5:30 PM  | Teen/Tween Yoga (8 &       | Susan Sluk        |
| Thursday  | 4:30 PM    | 5:30 PM  | Teens                      | Susan Sluk        |
| Thursday  | 5:45 PM    | 7:00 PM  | Forrest Therapeutics       | Debra Hess        |
| Thursday  | 7:15 PM    | 8:30 PM  | Beginner Series            | Debra Hess        |
| Friday    | 6:00 AM    | 7:15 AM  | Flow Yoga                  | Susan Sluk        |
| Friday    | 9:30 AM    | 10:45 AM | Vinyasa Flow               | Denice Richardson |
| Friday    | 11:30 AM   | 12:15 PM | 3-4 Year Olds              | Susan Sluk        |
| Friday    | 6:00 PM    | 7:00 PM  | Happy Hour Yoga            | Susan Sluk        |
| Saturday  | 7:30 AM    | 8:45 AM  | Heart Chakra Yoga<br>(Yoga | Susan Sluk        |

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| Monday    | Start Time | End Time | Class               | Instructor    |
|-----------|------------|----------|---------------------|---------------|
| Monday    | 6:00 PM    | 7:15 PM  | Tri Yoga            | Bonnie Keyser |
| Monday    | 7:30 PM    | 8:45 PM  | Gentle Hatha        | Deanne Caputo |
| Monday    | 7:30 PM    | 8:45 PM  | Healthy Backs       | Deanne Caputo |
| Tuesday   | 9:30 AM    | 10:45 AM | Classical Yoga      | Dawn Mehan    |
| Tuesday   | 6:00 PM    | 7:15 PM  | Classical Yoga      | Dawn Mehan    |
| Tuesday   | 7:30 PM    | 8:45 PM  | Vinyasa Flow        | Annawyn Laing |
| Wednesday | 9:30 AM    | 10:45 AM | Prana Yoga          | Deanne Caputo |
| Wednesday | 6:00 PM    | 7:15 PM  | Yoga 101: Yoga for  | Deanne Caputo |
| Wednesday | 6:00 PM    | 7:15 PM  | Yoga Strong         | Deanne Caputo |
| Wednesday | 7:30 PM    | 8:45 PM  | Prana Yoga          | Deanne Caputo |
| Wednesday | 7:30 PM    | 8:45 PM  | Rejuvenate & Relax  | T.J. Costa    |
| Thursday  | 9:30 AM    | 10:45 AM | Healthy Backs       | Deanne Caputo |
| Thursday  | 6:00 PM    | 7:15 PM  | Gentle Hatha        | Deanne Caputo |
| Thursday  | 7:30 PM    | 8:45 PM  | Alignment with Flow | Bill Crowell  |
| Friday    | 9:30 AM    | 10:45 AM | Classical Yoga      | Dawn Mehan    |
| Friday    | 9:30 AM    | 10:45 AM | Prana Vinyasa Flow  | Deanne Caputo |
| Friday    | 7:15 PM    | 8:45 PM  | West African Dance  | Dawn Mehan    |

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| <b>Sunday</b> | <b>Start Time</b> | <b>End Time</b> | <b>Class</b>              | <b>Instructor</b> |
|---------------|-------------------|-----------------|---------------------------|-------------------|
| Sunday        | 11:00 AM          | 12:15 PM        | Prana Yoga                | Deanne Caputo     |
| Sunday        | 2:00 PM           | 4:00 PM         | Second Sunday<br>Splendor | Judy Curiel       |

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