



## The Renewal Room, Class Schedule Beginning in January 2010

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Morning Classes  *Times Vary	Pilates (Becca) 9:30-10:30 am	Power Yoga (Zeny) 9:45-10:45	Restorative Yoga/Yin (Becca) 9:30-10:30	Yoga+Core (Zeny) 9:45-10:45	Yoga (Becca) 9:30-10:30	Pi-Yo (Rotation) 9:30-10:30	
Afternoon Classes							Yoga for Relaxation (Chris) 3:30-4:30 pm
Evening Classes		Pi-Yo (Becca) 6:30-7:30 pm		Pi-Yo (Kelly) 6:30-7:30 pm			

- See [www.TheRenewalRoom.com](http://www.TheRenewalRoom.com) for class descriptions, teacher bios, and class FYI's
- CHILD CARE is available for morning classes!
- Membership to Jezreel Fitness NOT required to participate in The Renewal Room classes