MONDAY

Yang/Yin Yoga
Monica
9-10:15AM

Beginning Yoga
Phoenix
10:30-11:30AM

Children's dance
Creative Movement
4:30-5:15PM
3-7 yrs
Wind on break 12/15-1/13

Strong Vinyasa
Beth
5:30-6:45PM

Beg. / Level 1 Yoga
Nicoletta
5:45-6:45PM

90°Heated Vinyasa
Beth
7-8PM

TUESDAY

Ashtanga Vinyasa
Phoenix
9:15-10:15AM

Gentle / Seniors
Yoga for Cancer
Lola/Nicoletta
10:30-11:30AM

Community Acupuncture
12-3PM, $25 drop-in

Kids' Ballet (45 min)
4:10PM 18 mos - 3y
4:30PM 3-5 years
Wind on break 12/15-1/13

Mindfulness in Action
Yoga w/ Heidi
5:30-6:45PM

90°Heated Hatha
Nicoletta
7-8PM

Therapeutic Yoga
Heidi
7-8PM

WEDNESDAY

Yang/Yin Yoga
Beth
9-10:15AM

Beginning Yoga
Phoenix
10:30-11:30AM

Kids' Capoeira
Keith
4:30-5:15PM

Strong Vinyasa
Alice
5:30-6:45PM

NEW! Salsa Rueda
Adv. Beginner/ Intermediate
Keith (on break Dec 18, returns Jan 8)
6-7PM

NEW! Beginning
Yoga for Back Care
Alice
7-8PM

THURSDAY

Yang/Yin Yoga
Monica
Tai Chi - Beginners
Steve
9:15-10:15AM

Beginning Yoga
Monica
10:30-11:30AM

90°Heated Hatha Flow
Alice
7-8:15PM

Beginning Yoga
Monica
7-8:15PM

FRIDAY

Yang/Yin Yoga
Monica
9-10:15AM

Gentle / Seniors
all are welcome!
Phoenix
10:30-11:30AM

Kids' Ballet
Ages 2-4*, 5-9
Wind (831) 332-7901
4:10PM*/4:30PM
class on break 12/15-1/13

SATURDAY

Pilates Mat
All levels
Rachael
and
90°Heated Vinyasa
Angela
9-10:15AM

Bellydance
Beginning level
Jamaica (Bellydance on break in Dec.)
and
Beginning Yoga
Nicoletta
10:30-11:30AM

SUNDAY

Tai Chi
Beginning level
Steve
8:30-9:30AM

Hatha Flow
+Restorative
Heidi/Beth
8:45-10AM

Watsonville Yoga
Dance and Healing Arts

Classes for adults and kids
Acupuncture, massage, holistic health
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