



SUMMER Class Schedule

Awareness Through Movement®
Exercises

Effective July 1, 2017

Drop-ins: \$25 • **6 Classes:** \$125 • **12 Classes:** \$225

Members: All classes are **FREE**

If you are new to the *Feldenkrais Method*, we recommend the **Basics Class**, which moves at a slower pace to allow you to become accustomed to the practice.

Open Classes build upon concepts that are introduced in the Basics Classes.

Mats are provided. Be comfortable! Wear loose clothing that is easy to move in.

Monday	12:30 pm	Open Class	with Marek Wyszynski
Tuesday	12:30 pm	Basics Class	with Kasia Wyszynski
	3:00 pm	Community Class	with Janet Steele
Wednesday	12:30 pm	Open Class	with Mark Hirschfield
	5:15 pm	Basics Class	with Mark Hirschfield
Thursday	12:30 pm	Yoga/Feldenkrais	with Suzanne Ausnit
	6:30 pm	Basics Class	with Marek Wyszynski
Friday		No Classes	
Saturday	1:45 pm	Basics Class	with Janin Gunderman
	5:30 pm	Community Class	with Janin Gunderman



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