

# The MAC - Yoga/Mind Body

**January-April 2023**

Fitness classes are on a drop-in first-come, first-serve basis with capacity limits for each class.

General and Specialty fitness class reservations are free for SilverSneakers, Renew Active, and City of Westminster pass holders. Non-pass holders will be required to pay a fee at the time of reservation.

General Class

• = All levels •• = Intermediate/Advanced

Specialty Class



= SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga for Everyone • Robyn 8-9 a.m.		Yoga for Everyone • Robyn 8-9 a.m.		
				SilverSneakers Yoga® • Carolyn 9:15-10:15 a.m.	
		SilverSneakers Yoga® • Kathleen 10:30-11:30 a.m.			
					SUNDAY
SilverSneakers Yoga® • Kathleen 1-2 p.m.	Tai Chi • Elaine 1-2 p.m.	SilverSneakers Yoga® • Carolyn 1-2 p.m.	Tai Chi • Elaine 1-2 p.m.		