



The Bermuda Health Co-op

Nurturing the development of the Human Experience

SPRING CLASS SCHEDULE

APRIL 6th – JUNE 27th, 2009

PILATES • YOGA • FELDENKRAIS® • BETTER BIRTH

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am							8:00 am* Surya Numaskara (Level 2) 1.5hrs MICHAEL
							9:30 am Pilates Mat (Level 2/3) MICHAEL
pm		1:00 pm Power Pilates (Level 3) SOPHIA		12:00 pm Gentle Hatha Flow Yoga (Open) MICHAEL		1:00 pm Pilates Fundamentals (Level 2) MICHAEL	11:00 am Feldenkrais ATM (Open) SOPHIA
			6:00pm* Yoga @ The Aquarium (Level 2) MICHAEL	6:00 pm Pilates Mat (LEVEL 1) SEVERIN	6:30 pm Pilates Mat (Level 1) SEVERIN	6:00pm* Yoga @ The Aquarium (Level 1) MICHAEL	
		7:30 pm Feldenkrais ATM (Open) SOPHIA	7:30pm* Yoga @ The Aquarium (Level 1) MICHAEL	6:30 pm Prenatal Foundation @ Spirit House SOPHIA	6:30 pm Prenatal Yoga Exercise Class @ Spirit House SOPHIA	7:30pm* Yoga @ The Aquarium (Level 2) MICHAEL	

PURPLE: MIND BODY WELLNESS (4th FLOOR INT'L BUILDING ON BERMUDIANA RD) **GREEN:** AQUARIUM **BLUE:** HEALTH CO-OP **PINK:** SPIRIT HOUSE (MIDDLE RD DEVONSHIRE)

COST: \$220/\$275* PER COURSE - ONLY \$165/\$220* IF YOU REGISTER BY MARCH 31st

For more information call us at **236-0336** or visit our website at www.healthcoop.bm