

Make 2022 your Year to Discover Yourself through Health and Wellness Classes at Creative 360!

Tai Chi

Mondays: Intermediate Tai Chi w Diana Cole from 11 am until 12 noon -\$5 drop in.

Yoga

Mondays: Vinyasa Flow w Keri Kenney from 5:30-6:45 - \$15 drop in.

Tuesdays: Hatha Yoga with Nicki Suppes from 6—7 pm - \$10 drop in or \$72 for an 8 week session.

Wednesdays: Vinyasa Flow & Restorative Yoga w Keri Kenney from 5:45—7 pm, \$15 drop in.

Fridays: Chair Yoga w Nicki Suppes from 10-11 am, \$10 drop in or \$72 for an 8 week session.

Saturdays: Vinyasa Flow from 9-10:15 am w Keri Kenney, \$15 drop in

Yoga Basics from 10:30-11:30 am w Kerri Kenney, \$15 drop in.

Ballet

Wednesdays: Adult Ballet w Olga Mulvaney from 7:15—8:15 pm, \$72 for a 6 week session.

1st SUNDAY of each month is **Gentle Stretch & Rest** w Keri Kenney from 7-8 pm

1st MONDAY of each month is **Circle of Hope** w Keri Kenney from 7-8:30 pm