



January 2015 SCHEDULE

Relaxercise Fitness Spa
1445 Main Street, Tewksbury, MA (in Germano Park)
To Register call: (978) 851-4000
Or Register thru Booker!

Wednesday	6:30-7:30PM	All Levels Yoga	RELAXERCISE FITNESS SPA	Robin Anderson
Thursday	9:45-10:45AM	Beginner Yoga	RELAXERCISE FITNESS SPA	Robin Anderson
Friday	12:30-1:30pm	Beginner Yoga	RELAXERCISE FITNESS SPA	Robin Anderson
Friday	7:30-8:30pm	Beginner Ashtanga	RELAXERCISE FITNESS SPA	Robin Anderson
TBA	Once-a-month	Belly Dancing	RELAXERCISE FITNESS SPA	Robin Anderson

Chelmsford Wellness Center

3 Littleton Rd, Westford, MA

[Click here to register!](#)

Monday	7:30-8:45PM	Get in Shape Yogawith Jenny	CHELMSFORD WELLNESS CENTER	Jenny Smyth
Tuesday	10:00-11:00AM	Beginner Yoga	CHELMSFORD WELLNESS CENTER	Robin Anderson
Tuesday	6:30-8PM	Ashtanga Yoga	CHELMSFORD WELLNESS CENTER	Robin Anderson
Wednesday	10:00-11:00AM	Gentle Yoga	CHELMSFORD WELLNESS CENTER	Robin Anderson
Thursday	6:00-7:00PM	All Levels Yoga	CHELMSFORD WELLNESS CENTER	Robin Anderson

CLASS PRICING for Chelmsford Wellness Center

SENIORS 60+ & Students	ALL OTHERS
Drop-in Fee \$10/class 5 Class Pass \$40	Drop-in Fee \$15 10 Class Pass \$100

Class Descriptions:

- **Yoga/Belly Dancing** is a fun class where we begin with Yoga Warm-ups, then the basics of Belly Dancing and Veil Work - No need to feel intimidated - It's about finding the Goddess within you!
- **Beginner Ashtanga** Get fit, strong, and flexible as you learn the proper techniques of yoga. This form of yoga captures your Mind, Body, and Spirit and helps you to let go of the stuff in your life that holds you back. If you are a beginner, we will make modifications for you to help you make the sequence work for you.
- **Beginner Yoga** is for anyone. We modify the postures to suit the students. The postures are basic, gentle opening poses. If you want more challenging poses, you can try the styles below or the Beginner Yoga Instructor can offer suggestions for deepening your practice
- **All Level** is a class that is geared to accommodating you, the student, whatever your level of ability is from Gentle Beginner to Advanced. If a pose is too difficult, the instructor can give you suggestions for modifying to suit your individual needs
- **Gentle Yoga** is a gentle class suited for Seniors or those with Physical Limitations, If you've recently had surgery or illness, you may find this class a good re-introduction to Yoga or Physical Activity