Saturday 01/09	Sunday 01/10	Monday 01/11	Tuesday 01/12	Wednesday 01/13	Thursday 01/14	Friday 01/15
9:00 am **YOGA** No Fee-CC 10:15 am **MAT CLASS PILATES** No Fee-CC 11:30 am-12:15pm **CIRCLE OF BREATH** No Fee-CC 12:30pm-1:15pm **TALK** Defying Gravity in Aging No Fee-CC 1:30-2:15pm **NIA** No Fee-CC 2:15-3:00pm **MEDITATION** No Fee-CC 3:15pm-3:45pm **ZUMBA** No Fee-CC 4:00 pm **LAUGHTER YOGA** No Fee-CC 5:15pm-6:15pm **TAI CHI** No Fee-CC 6:30pm TIBETAN **MEDITATION** No Fee-CC	9:00 am **YOGA** No Fee-FitF 10:30 am **MINDFUL HIKE** No Fee-Bothe 12:00-1:00pm **LAUGHTER YOGA** No Fee-CSC 4:00 pm **QI GONG** No Fee-CSC 6:00 pm **TALK** **Keeping Breasts Healthly Thermography Lecture** No Fee-CSC	5:30am **STEP I & II** $8-FitF 8:00 am-9:00am **PILATES** Fee-CSD 11:00 am **MAT CLASS PILATES** No Fee-CSD 4:00 pm **QI GONG** No Fee-CSC 5:30pm **STEP I & II** $8-FitF 6:00-7:00pm **ANUSARA YOGA** Fee-CSD 6:30-7pm **PILATES CORE** $8-FitF	8:30-9:30am **NIA** Fee-CSD 9:00am **CARDIO SCULPT** $8-FitF 10:30 am **MINDFUL HIKE** No Fee-Bothe 10:30 am **ZUMBA** No Fee-CSD 4:00 pm **QI GONG** No Fee-CSC 5:00-6:00pm **CARDIO SCULPT** $8-FitF 5:30-6:30pm **TALK** Understanding HCG Weight loss No Fee-CSC 6:00pm **YOGA** $8-FitF	5:30am **STEP I & II** $8-FitF 1:00pm **WATSU** No Fee-RS 4:00pm-5:30pm **Meditation** No Fee-CSC 5:30pm **STEP I & II** $8-FitF 5:30-7:00pm **ANUSARA YOGA** Fee-CSD 5:45-6:45 **TIBETAN YOGA** No Fee-CSC 6:30-7pm **PILATES CORE** $8-FitF 7:00-8:00pm **Medical Qi gong** No Fee-CSC	9:00am **CARDIO SCULPT** $8-FitF 10-11:15am ANUSARA YOGA Fee-CSD 1:00pm **WATSU** No Fee-RS 5:00-6:00pm **CARDIO SCULPT** $8-FitF 6:30pm **YOGA** $8-FitF	8:30-9:40am **NIA** Fee-CSD **KEY** **CC-Calistoga Community Center 1308 Washington St** **CSD-Calistoga Spa Dance Room 1006 Washington** **CSC-Calistoga Spa Conference Room 1006 Washington** **RS-Roman Spa 1300 Washington** **FitF-Fitness First 1330 Gerard St.** **Bothe – Bothe State Park 3801 Hwy 29**