

# Calistoga Wellness Week Schedule of Classes

Saturday 01/09	Sunday 01/10	Monday 01/11	Tuesday 01/12	Wednesday 01/13	Thursday 01/14	Friday 01/15
<p><u>9:00 am</u> <b>HATHA YOGA</b> No Fee-CC</p> <p><u>10:15 am</u> <b>MAT CLASS PILATES</b> No Fee-CC</p> <p><u>11:15-12:15</u> <b>Toxicity &amp; Longetivity</b> No Fee-CC</p> <p><u>12:30pm-1:15pm</u> <b>Defying Gravity in Aging</b> No Fee-CC</p> <p><u>1:30-2:00pm</u> <b>NIA</b> No Fee-CC</p> <p><u>2:15-3:00pm</u> <b>MEDITATION</b> No Fee-CC</p> <p><u>3:15pm-3:45pm</u> <b>ZUMBA</b> No Fee-CC</p> <p><u>4:00 pm</u> <b>LAUGHTER YOGA</b> No Fee-CC</p> <p><u>5:15pm-6:15pm</u> <b>TAI CHI</b> No Fee-CC</p> <p><u>6:30pm</u> <b>TIBETAN MEDITATION</b> No Fee-CC</p>	<p><u>9:00 am</u> <b>YOGA</b> No Fee-FitF</p> <p>10:30 am <b>MINDFUL HIKE</b> No Fee-Bothe</p> <p><u>12:00-1:00pm</u> <b>LAUGHTER YOGA</b> No Fee-CSC</p> <p><u>2:00pm</u> <b>Hypnotherapy</b> No Fee-CSC</p> <p><u>2:15pm</u> <b>MAT CLASS PILATES</b> No Fee-CSD</p> <p><u>4:00 pm</u> <b>QI GONG</b> No Fee-CSC</p> <p><u>6:00 pm</u> <b>Keeping Breasts Healthly Thermography Lecture</b> No Fee-CSC</p>	<p><u>8:00am</u> <b>HATHA YOGA</b> No Fee-CSC</p> <p><u>5:30am</u> <b>STEP I &amp; II</b> \$8-FitF</p> <p><u>8:00 am-9:00am</u> <b>PILATES</b> Fee-CSD</p> <p><u>12:00 pm</u> <b>MAT CLASS PILATES</b> No Fee-CSD</p> <p><u>4:00 pm</u> <b>QI GONG</b> No Fee-CSC</p> <p><u>5:30pm</u> <b>STEP I &amp; II</b> \$8-FitF</p> <p><u>6:00-7:00pm</u> <b>ANUSARA YOGA</b> Fee-CSD</p> <p><u>6:30-7pm</u> <b>PILATES CORE</b> \$8-FitF</p>	<p><u>8:30-9:30am</u> <b>NIA</b> Fee-CSD</p> <p><u>9:00am</u> <b>CARDIO SCULPT</b> \$8-FitF</p> <p><u>10:30 am</u> <b>MINDFUL HIKE</b> No Fee-Bothe</p> <p><u>10:30 am</u> <b>ZUMBA</b> No Fee-CSD</p> <p><u>12:30pm</u> <b>HATHA YOGA</b> No Fee-CSC</p> <p><u>4:00 pm</u> <b>QI GONG</b> No Fee-CSC</p> <p><u>5:00-6:00pm</u> <b>CARDIO SCULPT</b> \$8-FitF</p> <p><u>5:30-6:30pm</u> <b>Understanding HCG Weight loss</b> No Fee-CSC</p> <p><u>6:45pm</u> <b>Going Green with Right Things to Eat</b> No Fee-CSC</p>	<p><u>5:30am</u> <b>STEP I &amp; II</b> \$8-FitF</p> <p><u>1:00pm</u> <b>WATSU</b> No Fee-RS</p> <p><u>4:00pm-5:30pm</u> <b>EMBODIMENT MEDITATION</b> No Fee-CSC</p> <p><u>5:30pm</u> <b>STEP I &amp; II</b></p> <p><u>5:30-7:00pm</u> <b>ANUSARA YOGA</b> Fee-CSD</p> <p><u>5:45-6:45</u> <b>TIBETAN YOGA</b> No Fee-CSC</p> <p><u>6:30-7pm</u> <b>PILATES CORE</b> \$8-FitF</p> <p><u>7:00-8:00pm</u> <b>Medical Qi gong</b> No Fee-CSC</p>	<p><u>9:00am</u> <b>CARDIO SCULPT</b> \$8-FitF</p> <p><u>10-11:15am</u> <b>ANUSARA YOGA</b> Fee-CSD</p> <p><u>11:00-11:30</u> <b>TALK</b> Stop Falls Stay Safe No Fee-CSC</p> <p><u>1:00pm</u> <b>WATSU</b> No Fee-RS</p> <p><u>5:00-6:00pm</u> <b>CARDIO SCULPT</b> \$8-FitF</p> <p><u>6:00pm</u> <b>TALK</b> <b>Going Green with Right Things to Eat</b> No Fee-CSC</p> <p><u>6:30pm</u> <b>YOGA</b> \$8-FitF</p> <p><u>7:30pm</u> <b>HATHA YOGA</b> No Fee-CSC</p>	<p><u>8:30-9:40am</u> <b>NIA</b> Fee-CSD</p> <p style="text-align: center;"><b><u>Calistoga Wellness Week Class Schedule</u></b></p> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b><u>KEY</u></b></p> <p><b>CC-Calistoga Community Center 1308 Washington St</b></p> <p><b>CSD-Calistoga Spa Dance Room 1006 Washington</b></p> <p><b>CSC-Calistoga Spa Conference Room 1006 Washington</b></p> <p><b>RS-Roman Spa 1300 Washington</b></p> <p><b>FitF-Fitness First 1330 Gerard St.</b></p> <p><b>Bothe – Bothe State Park 3801 Hwy 29</b></p> </div>