

# Pilates, Yoga & Tai Chi

**ALL SPORT  
FISHKILL**  
HEALTH & FITNESS CLUB

845-896-5678

[www.allsportfishkill.com](http://www.allsportfishkill.com)

Effective  
November 16, 2009

*FREE to Members!*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am	Yoga All Levels		Yoga All Levels	Power Pilates		Yoga All Levels	Yoga All Levels
10:00 am		Pilates Core			Vinyasa Yoga		
11:00 am							Power Yoga
11:15 am		Pilates Basics					
11:30 am					Pilates Basics		
5:30 pm				Yoga All Levels			
6:00 pm	>Yoga Fundamentals >Beginner Tai Chi	Power Yoga	Yoga Fundamentals				
7:00 pm	Tai Chi						
7:15 pm				Pilates			