

<b>Hatha Yoga Classes through WITC with Mary Jo Jirik</b>					
<b>Spring 2019 – Hayward, WI</b>					
<b>Class #</b>	<b>Location</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Length Of Class</b>
	Senior Resource Center	Tuesday	8:30 – 9:30 a	1/8/19-2/12/19	1 hour
	Senior Resource Center	Tuesday	4:30 – 5:30 p	1/8/19-2/12/19	1 hour
	Senior Resource Center	Thursday	8:30 – 9:30 a	1/10/19-2/14/19	1 hour
	Senior Resource Center	Thursday	10:00 – 11:00 a	1/10/19-2/14/19	1 hour
	<b>1 week break</b>				
	Senior Resource Center	Tuesday	8:30 – 9:30 a	2/26/19-4/2/19	1 hour
	Senior Resource Center	Tuesday	4:30 – 5:30 p	2/26/19-4/2/19	1 hour
	Senior Resource Center	Thursday	8:30 – 9:30 a	2/28/19-4/4/19	1 hour
	Senior Resource Center	Thursday	10:00 – 11:00 a	2/28/19-4/4/19	1 hour
	<b>1 week break</b>				
	Senior Resource Center	Tuesday	8:30 – 9:30 a	4/16/19-5/21/19	1 hour
	Senior Resource Center	Tuesday	4:30 – 5:30 p	4/16/19-5/21/19	1 hour
	Senior Resource Center	Thursday	8:30 – 9:30 a	4/18/19-5/23/19	1 hour
	Senior Resource Center	Thursday	10:00 – 11:00 a	4/18/19-5/23/19	1 hour
	<b>2 week break</b>				
	<b>No yoga week of July 4</b>				
	Senior Resource Center	Tuesday	8:30 – 9:30 a	6/11/19-7/23/19	1 hour
	Senior Resource Center	Tuesday	4:30 – 5:30 p	6/11/19-7/23/19	1 hour
	Senior Resource Center	Thursday	8:30 – 9:30 a	6/13/19-7/25/19	1 hour
	Senior Resource Center	Thursday	10:00 – 11:00 a	6/13/19-7/25/19	1 hour
	<b>No yoga week of July 4</b>				
	<b>1 week break</b>				
	<b>No yoga Labor Day week (9/2/19)</b>				
	Senior Resource Center	Tuesday	8:30 – 9:30 a	08/06/19-9/17/19	1 hour
	Senior Resource Center	Tuesday	4:30 – 5:30 p	08/06/19-9/17/19	1 hour
	Senior Resource Center	Thursday	8:30 – 9:30 a	08/08/19-9/19/19	1 hour
	Senior Resource Center	Thursday	10:00 – 11:00 a	08/08/19-9/19/19	1 hour
	<b>No yoga Labor Day week (9/2/19)</b>				
<b>Senior Yoga Project through University of Wisconsin</b>					
	Senior Resource Center	Tuesday	10:00 – 11:30 a	4/2/19-6/18/19	90 minutes
		Thursday	3:00 – 4:30 pm	4/4/19-6/20/19	90 minutes