

# PRINCE OF WALES ARMOURIES

## WINTER 2012 YOGA SCHEDULE

10440 – 108 Avenue

FACILITY SCHEDULE: JANUARY 9 – MARCH 31, 2012 (MON, TUES, THURS, FRI 8:30AM – 4:30PM AND WED 8AM-8PM)							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK		8:30AM-4:30PM	8:30AM-4:30PM	8:30AM-8PM	8:30AM-4:30PM	8:30AM-4:30PM	
DROP-IN LAND SCHEDULE: JANUARY 9 – MARCH 31, 2012							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
YOGA (MULT-LEVEL)		9:30-11AM		9:30-11AM 6:15-7:45PM		9:30-11AM	

- All Classes are taught in the Exhibit Room.
- Schedule subject to change. Please visit [www.edmonton.ca/](http://www.edmonton.ca/) for updates.
- Proper exercise wear is a requirement in order to participate in all drop-in programs. Please arrive at least 5 minutes before the class begins to avoid disruption.
- No drop-in classes on statutory holidays.

### ACTIVITY DESCRIPTION

**Yoga (Multi-Level):** Achieve a heightened level of body awareness, strength, and flexibility. This Yoga class is specifically designed to incorporate all levels of Yoga – everyone welcome! Yoga mats are not provided.