



Willow

Health and Wellness Center

BALDWINSVILLE LOCATION

3090 Belgium Road, Baldwinsville, NY 13027

For more information: Email the instructor

For class descriptions & instructor bios, visit our website www.willowhwc.com

SUNDAYS

| | | | | |
|-------------------|----------------|-----------------|---------------------|--|
| Yoga for Strength | 6:00pm- 7:15pm | Cindy Gillespie | cg6560@twcny.rr.com | |
|-------------------|----------------|-----------------|---------------------|--|

MONDAYS

| | | | | |
|-------------------------|-------------------|---------------|---------------------|--|
| Yoga Basics & Beginners | 9:00am - 10:15am | Sybil Gouchie | sgouchie1@gmail.com | |
| Simply Restorative Yoga | 10:30am - 11:30am | Sybil Gouchie | sgouchie1@gmail.com | |
| Tai Chi Level 1 | 6:00pm- 7:00pm | Sue Conklin | conklinsm@yahoo.com | |
| Tai Chi Level 2 | 7:00pm- 7:30pm | Sue Conklin | conklinsm@yahoo.com | |

TUESDAYS

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|-------------------------|-----------------|---------------|---------------------|--|
| Yoga Basics & Beginners | 5:45pm - 7:00pm | Sybil Gouchie | sgouchie1@gmail.com | |
|-------------------------|-----------------|---------------|---------------------|--|

WEDNESDAYS

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|------------------|------------------|-----------------|------------------------|--|
| Hatha Yoga | 9:00am - 10:15am | Sybil Gouchie | sgouchie1@gmail.com | |
| Grounded Yoga | 4:30pm - 5:30pm | Julie Daniel | jdanielyoga@gmail.com | |
| Hot Flow Yoga | 6:30pm - 7:45pm | Cindy Gillespie | cg6560@twcny.rr.com | |
| MELT- All levels | 6:00pm - 7:15pm | Sue Giegold | sgiegold@earthlink.net | |

THURSDAYS

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|--------------------------|-----------------|---------------|-----------------------------------|--------------------------------|
| Strength & Flexibility | 6:00pm- 7:00pm | Katy Woods | movementforlifewithkaty@gmail.com | 6 weeks March 7th - April 11th |
| Yoga of 12 Step Recovery | 6:30pm - 8:00pm | Sybil Gouchie | sgouchie1@gmail.com | |

FRIDAYS

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|-------------------|-----------------|---------------|-------------------|------------------|
| Willpower & Grace | 5:10am - 6:00am | Kristin Foote | kfoote@bville.org | Email to confirm |
|-------------------|-----------------|---------------|-------------------|------------------|

SATURDAYS