



# Willow

Health and Wellness Center

## BALDWINSVILLE LOCATION

3090 Belgium Road, Baldwinsville, NY 13027

For more info feel free to email the instructor.

For class descriptions & instructor bios, visit our website [www.willowhwc.com](http://www.willowhwc.com)

### SUNDAYS

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

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

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

P2L- Tot Time	9:05am -10:05am	Kelly Vincentini	Play2LearnTT@gmail.com	Registration required
P2L- Mini Movers	10:30-11:30am	Kelly Vincentini	Play2LearnTT@gmail.com	Registration required
Yoga of 12 Step Recovery	6:30pm - 8:00pm	Sybil Gouchie	sgouchie1@gmail.com	

### FRIDAYS

Willpower & Grace	5:10am - 6:00am	Kristin Foote	kfoote@bville.org	Email to confirm
P2L Mini Movers	10:30am - 11:30am	Terri Stimson	Play2LearnTT@gmail.com	Registration required
P2L Baby Sensorimotor	12:00pm - 1:00pm	Terri Stimson	Play2LearnTT@gmail.com	Registration required

### SATURDAYS

P2L- Mini-Movers	9:30am-10:30am	Terri Stimson	Play2LearnTT@gmail.com	Registration required
P2L- Mini-Movers	10:45am-11:45am	Terri Stimson	Play2LearnTT@gmail.com	Registration required
P2L- Baby Sensorimotor	12:15pm- 1:15pm	Terri Stimson	Play2LearnTT@gmail.com	Registration required