



**Willow**  
Health and Wellness Center

# CAMILLUS LOCATION

5104 West Genesee Street, Camillus, NY 13031

For more information: Email the instructor

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

**SUNDAYS**

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**MONDAYS**

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Yoga For Kids	4:30pm - 5:30pm	Julie Daniel	danielyoga@gmail.com	email to register
Go With The Flow Yoga	6:00pm - 7:15pm	Kaye Smith	kds1552@aol.com	drop-ins welcome

**TUESDAYS**

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Zumba with Sonya	6:15pm - 7:15pm	Sonya Miller	sonya.miller71@hotmail.com	ongoing weekly class/drop-in
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**WEDNESDAYS**

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**THURSDAYS**

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Zumba with Sonya	6:15pm - 7:15pm	Sonya Miller	sonya.miller71@hotmail.com	ongoing weekly class/drop-in
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**FRIDAYS**

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**SATURDAYS**

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