



**Willow**  
Health and Wellness Center

# CAMILLUS LOCATION

5104 West Genesee Street, Camillus, NY 13031

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**

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**MONDAYS**

Hot Yoga	5:30pm-6:45pm	Cindy Gillespie	cg6560@twcny.rr.com	

**TUESDAYS**

Gentle & Restorative Yoga	10:30am- 11:30am	Sybil Gouchie	sgouchie1@gmail.com	
Mid-Day Flow Yoga	12:15pm-1:00pm	Sybil Gouchie	sgouchie1@gmail.com	
Private lessons available	1:15pm- 3:15pm	Sybil Gouchie	sgouchie1@gmail.com	
Zumba with Sonya	6:15pm - 7:15pm	Sonya Miller	sonya.miller71@hotmail.com	

**WEDNESDAYS**


**THURSDAYS**

Gentle & Restorative Yoga	10:30am- 11:30am	Sybil Gouchie	sgouchie1@gmail.com	
Mid-Day Flow Yoga	12:15pm-1:00pm	Sybil Gouchie	sgouchie1@gmail.com	
Private lessons available	1:15pm- 2:15pm	Sybil Gouchie	sgouchie1@gmail.com	
Zumba with Sonya	6:15pm - 7:15pm	Sonya Miller	sonya.miller71@hotmail.com	

**FRIDAYS**


**SATURDAYS**

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SEPTEMBER 2018

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