

# Energetic Care Wellness

## 2010 Spring/Summer Class Schedule

Please read each column separately as times change daily  
Looking for Yoga? All Yoga classes are now workshops.

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Phone: 916-941-6051 | Email: [info@energeticcare.com](mailto:info@energeticcare.com)

If you don't sign up, it is suggested that you confirm classes are happening.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:30 - 9:30 Mat Pilates James	8:30 - 9:30 Allegro Reformer Jamie	
9:00-10:00 am Allegro Reformer Lynda	9:30- 10:30 <b>Workshop Block</b> Check website for details	9:00-10:00 am Allegro Reformer Elizabeth	9:30- 10:30 <b>Workshop Block</b> Check website for details	9:30 - 10:30 Allegro Reformer Lynda	9:00-10:00 Allegro Reformer Elizabeth
10:00- 11:00 <b>Workshop Block</b> Check website for details	10:30 - 11:30 Allegro Reformer Jeanine	10:30-11:30am <b>Workshop Block</b> Check website for details	10:30 - 11:30 Allegro Reformer Elizabeth	10:30- 11:30 <b>Workshop Block</b> Check website for details	10:00-11:00 Allegro Reformer Elizabeth
12:00 -1:00 Allegro Reformer Elizabeth		12:00- 1:00 Allegro Reformer Lynda	5:15 pm- 6:15pm <b>Workshop Block</b> Check website for details	12:00 - 1:00 Allegro Reformer Elizabeth	Many Saturday/ Sunday Workshops Check website for details
5:45 pm - 6:45pm Allegro Reformer James	5:30pm - 6:30pm Mat Pilates James	5:45pm - 6:45pm Allegro Reformer Lynda	6:15 pm - 7:15pm Allegro Reformer James		
7:00 pm - 8:00pm Nia Move and groove! Non-impact aerobics Burning calories to the beat. Debbie	7:00 -8:00pm <b>Workshop Block</b> Check website for details	7:00pm - 8:00pm Allegro Reformer Elizabeth	7:15 pm- 8:15pm <b>Workshop Block</b> Check website for details	6:00 pm- 7:00pm <b>Workshop Block</b> Check website for details	If you have a suggestion for a class or a time you would like please talk to us. We're here to help.

Visit us at [www.energeticcare.com](http://www.energeticcare.com) to sign up for classes or call (916) 941-6051 \* If you don't sign up, it is suggested that you confirm classes are happening that day.