

Mind Body Schedule: Session 7: updated 10/21/2008

The Good Samaritan Health and Wellness Center offers over 70 ongoing group exercise classes a week, included with membership. Some classes and programs, but not all, require registration and/or a fee. Visit us on the web at www.advocatehealth.com,goodsam/wellness, [Event Calendar](#)

link for class descriptions and registration information. **To register online**, go to the [Event Calendar](#) listing of the first day of the class and click on REGISTRATION. The Fall Group Exercise schedules begin September 7. **SESSION 7 programs** run between Sunday, November 9 and Saturday, December 20. **Registration required (RR)** classes usually follow the session calendar; are free to GSHWC Members, but require registration. **Fee-based (\$\$)** classes require an additional fee *and* registration. **Both (RR) and (\$\$) classes** are available to non-members with registration and fee. Refer to descriptions for exact fees and registration information. **Note: This is a screen print of November 9 to 15. All classes and programs are subject to change; please refer to the online Event Calendar for up-to-date information.**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9 | <p>10 (\$\$) Hatha Yoga with Melissa REGISTRATION \$85/\$35 C9:30-10:20AM</p> <p>(\$\$) Flow Yoga with Donna REGISTRATION \$85/\$35 C7:30-8:20PM</p> | <p>11 (\$\$) Pilates I and II with Marianne REGISTRATION \$85/\$35 C6-6:50AM</p> <p>(\$\$) Pilates Circuit with Susan REGISTRATION \$158/\$78 D9-9:50AM</p> <p>(\$\$) Pilates I and II with Julie REGISTRATION \$85/\$35 C9-9:50AM</p> <p>(\$\$) Power Yoga with Ericka REGISTRATION \$85/\$35 C10-10:50AM</p> <p>(\$\$) Aqua Yoga Pilates with Darlene REGISTRATION \$75/\$35 W4:45-5:35PM</p> <p>(\$\$) Hatha Yoga with Donna REGISTRATION \$85/\$35 C6:30-7:20PM</p> <p>(\$\$) Meditation with Indu REGISTRATION \$90/\$40 C7:30-8:30PM</p> | <p>12 (\$\$) Flow Yoga with Joyce REGISTRATION \$85/\$35 C9:30-10:20AM</p> <p>(\$\$) Flow Yoga with Donna REGISTRATION \$85/\$35 C5-5:50PM</p> <p>(\$\$) Pilates I with Angie REGISTRATION \$85/\$35 C6:30-7:20PM</p> <p>(\$\$) Pilates Circuit with Angie REGISTRATION \$158/\$78 D7:30-8:20PM</p> | <p>13 (\$\$) Hatha Yoga with Patti REGISTRATION \$85/\$35 C6-6:50AM</p> <p>(\$\$) Pilates II with Susan REGISTRATION \$85/\$35 C9-9:50AM</p> <p>(\$\$) Pilates II with Angie REGISTRATION \$85/\$35 C6:30-7:20PM</p> <p>(\$\$) Hatha Yoga with Melissa REGISTRATION \$85/\$35 C7:30-8:20PM</p> | <p>14 (\$\$) Flow Yoga with Joyce REGISTRATION \$85/\$35 C9:30-10:20AM</p> | <p>15 (\$\$) Pilates Circuit with Donna/Julie REGISTRATION \$158/\$78 D9-9:50AM</p> |

A Studio A
B Studio B
C Studio C
D Studio D
BB Basketball Court
FF Fitness Floor
T Track
KK Kids Korner

L Lap Pool
W Warm Water Pool
WL Lap & Warm Pool
SE Special Event
EL Education/Lecture
SP Special Pops Area
DE Demo Exercise/Fitness