

Studio Class Schedule

Primary Classes

All Level Classes

Intermediate Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30 am All Level <i>Peg</i> ●		7:30 am All Level <i>Peg</i> ●	7:30 am Yoga w Weights <i>Martha</i> ●	7:30 am Soma Sweat <i>Elaina</i> ●	7:30 am Soma Sweat <i>Marcy</i> ●
9:00 am Heated All Level <i>Sue</i>	9:00 am All Level <i>Peg</i> ●	9:00 am Yoga 2 <i>Vanessa</i>	9:00 am Yoga 1 <i>Vanessa</i> ●	9:00 am Yoga 2 <i>Kathy</i> ●	8:35 am Meditation in Salt <i>Elaina</i>	8:45 am Yin Yoga <i>Sue</i> ●
10:15 am Pilates <i>Lise</i> ●	10:15 am Yoga, Sculpt & Stretch <i>Kelly</i>	10:15am Pilates <i>Kelly</i>	10:15 am All Level <i>Kathy</i> ●	10:15 am Pilates <i>Kathy</i> ●	9:00 am Yoga 1 <i>Martha</i> ●	10:00 am Yoga 2 <i>Rachel</i>
11:30 am Alternative Yoga <i>Sue</i> ●	12:00 pm Yoga1 <i>Lynn</i> ●	11:30am Alternative Yoga <i>Lynn</i> ●	4:15 pm All Level <i>Ruth</i> ●	11:30 am Alternative Yoga <i>Vanessa</i> ●	10:15 am All Level <i>Jen</i>	11:15 am Yoga 1 <i>Felecia</i>
2:00pm Yoga w Weights <i>Martha</i> ●	4:15 pm Yin Yoga <i>Ruth</i> ●	4:15pm Yoga 1 <i>Vanessa</i>	5:30 pm Yoga 1 <i>Anne</i>			
4:15pm Restorative Yoga <i>Lynn</i> ●	5:30 pm Yoga 2 <i>Tracy</i> ●	5:30 pm Yoga, Sculpt & Stretch <i>Lise</i>	6:45 pm Soma Sweat <i>Elaina</i> ●			
5:30 pm Soma Sweat <i>Paige</i> ●	6:40 pm Meditation in Salt <i>Tracy</i>	6:45 pm Soma Sweat <i>Elaina</i> ●				
6:45 pm Yoga Nidra in the Salt Room <i>Sue B.</i> ●	7:15 pm Pilates Sculpt <i>Cindy</i>					

● Silver Sneakers

● Prime Active Class

All classes are included for members of Renew Active, Active & Fit, Silver & Fit, Aaptiv and One Pass Holders

Off Site Yoga Schedule:

LEWISTON SENIOR CENTER
4361 River Rd Youngstown, NY

MONDAY

8:15am Chair Yoga - Sue B.
9:30am Chair Yoga - Ruth

WEDNESDAY

9:30am Silver Sneakers - Ruth

FRIDAY

9:30am Chair Yoga - Eileen M.

GRAND ISLAND GOLDEN AGE CTR
3278 Whitehaven Rd. Grand Island, NY

MONDAY

1:00 pm Gentle Yoga - Sue B.

FRIDAY

1:00 pm Chair Yoga - Martha

All yoga room classes are live streamed to give you a choice of how you want to take classes

Reformer Pilates Schedule:

MONDAY

6:30am - Reformer Pilates - Cindy
9:30am - Reformer Pilates - Katie
6pm - Reformer Pilates - Rachel
7pm - Reformer Pilates - Rachel

TUESDAY

7am - Reformer Pilates - Lise
8am - Intermediate Reformer - Lise
9am - Reformer Pilates - Lise
6pm - Reformer Pilates - Rachel
7pm - Intermediate Reformer - Katie

WEDNESDAY

6:00am - Reformer Pilates - Jeanne
9am - Reformer Pilates - Lise
4:30pm - Intro to Reformer - Brittany
5pm - Reformer Pilates - Brittany
6pm - Reformer Pilates - Katie
7pm - Intermediate Reformer - Katie

THURSDAY

7:30am - Reformer Pilates - Tracy
9am - Reformer Pilates - Lise
5pm - Reformer Pilates - Lise
6pm - Reformer Pilates - Lise
7pm - Reformer Pilates - Lise

FRIDAY

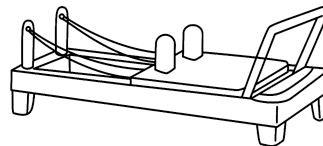
7:30am - Reformer Pilates - Tracy
10am - Reformer Pilates - Katie
11am - Intermediate Reformer - Katie

SATURDAY

8am - Reformer Pilates - Lise
9am - Intermediate Reformer - Lise
10am - Intro to Reformer - Lise

SUNDAY

9am - Reformer Pilates - Marcy
10am - Reformer Pilates - Marcy



SOMA CURA

WELLNESS CENTER

Class Schedule



2154 GRAND ISLAND BLVD.
GRAND ISLAND, NY 14072

WWW.SOMACURA.COM

716-773-1369