

Sackets Harbor Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>YOGA</u> GroupEx Room 5:30 PM – 6:30 PM Instructor: Betsey Naselli</p>	<p><u>ADVANCED TAI CHI</u> GroupEx Room 9:15 AM – 10:00 AM Irene Busler and Sara Treadwell</p> <p><u>BEGINNER TAI CHI</u> GroupEx Room 10:15AM – 10:45 AM Instructor: Irene Busler and Sara Treadwell</p>		<p><u>SUNRISE YOGA</u> Outside or GroupEx Room 7:15AM – 8:15 AM Instructor: Betsey Naselli</p>

