

Sunrise/Sunset Yoga Session 3 (2010) Schedule

Classes will run as scheduled July 19th - October 9th

There will be no class Monday September 6th in recognition of the Holiday

Site/Day	Time	Location	Instructor
Main Campus			
ED- Emergency ROOM			
Tuesday	7:30am - 8:15am	E1-160	Susan Livingston
Tuesday	7:30pm - 8:15pm	E1-160	Susan Livingston
JJ Building			
Tuesday	12:00pm-12:45pm	JJ3-107	Alissa Wible
Thursday	12:00pm-12:45pm	JJ3-107	Jennifer Clawson
Tuesday	5:15pm-6:00pm	JJ3-107	Alisa Wible
Thursday	5:15pm-6:00pm	JJ3-107	Susan Livingston
Health Space			
Monday	12:00pm-12:45pm	Lobby	Jennifer Clawson
Wednesday	12:00pm-12:45pm	Lobby	Joanne LaPlaca
Lerner			
Tuesday	5:30am-6:15am	NA4-Elevator Lobby	Gopi Kumar
Thursday	5:30am-6:15am	NA4-Elevator Lobby	Gopi Kumar
Miller Pavilion			
Monday	7:00am-7:45am	Rooftop (inside)	Gopi Kumar
Tuesday	7:00am-7:45am	Rooftop (inside)	Gopi Kumar
Wednesday	7:00am-7:45am	Rooftop (inside)	Susan Livingston
Thursday	7:00am-7:45am	Rooftop (inside)	Gopi Kumar
Friday	7:00am-7:45am	Rooftop (inside)	Robert Moreno
Saturday	7:00am-7:45am	Rooftop (inside)	Gopi Kumar
Monday	8:00am-8:45am	Rooftop (inside)	Gopi Kumar
Thursday	8:00am-8:45am	Rooftop (inside)	Gopi Kumar
Monday	4:00pm-4:45pm	Rooftop (inside)	Gopi Kumar
Tuesday	4:00pm-4:45pm	Rooftop (inside)	Maryanne Jage
Wednesday	4:00pm-4:45pm	Rooftop (inside)	Maryanne Jage
Thursday	4:00pm-4:45pm	Rooftop (inside)	Gopi Kumar
Friday	4:00pm-4:45pm	Rooftop (inside)	Alissa Wible
Monday	5:30pm-6:15pm	Rooftop (inside)	Gopi Kumar
Tuesday	5:30pm-6:15pm	Rooftop (inside)	Maryanne Jage
Wednesday	5:30pm-6:15pm	Rooftop (inside)	Maryanne Jage
Thursday	5:30pm-6:15pm	Rooftop (inside)	Gopi Kumar
Friday	5:30pm-6:15pm	Rooftop (inside)	Alissa Wible
* Instructors may change			
*Bring your own mat			

Sunrise/Sunset Yoga Session 3 (2010) Schedule

Classes will run as scheduled July 19th - October 9th

There will be no class Monday September 6th in recognition of the Holiday

Site/Day	Time	Location	Instructor
Community			
Hospitals:			
Beachwood CCAC			
Wednesday	1:30pm - 2:15pm	Cafeteria Annex	Jennifer Clawson
Brunswick			
Thursday	5:30pm - 6:15pm	Conference Room	Michelle Star
Chagrin Falls FHC			
Wednesday	5:30pm - 6:15pm	LL 103- blood drive room	Freia Ramsey
Euclid			
Monday	4:45pm-5:30pm	Waltz Auditorium	Diane Monaco
Fairview			
Monday	5:00pm-5:45pm	Fairview Wellness Center	Susan Livingston
Wednesday	5:00pm-5:45pm	Moll Pavilion Basement	Susan Livingston
Hillcrest			
Monday	3:45pm-4:30pm	Ross Auditorium A	Freia Ramsey
Monday	5:15pm-6:00pm	Ross Auditorium A	Freia Ramsey
Thursday	3:45pm-4:30pm	Ross Auditorium B	Freia Ramsey
Thursday	5:15pm-6:00pm	Ross Auditorium B	Freia Ramsey
Huron			
Wednesday	4:00pm - 4:45pm	7th Floor Lobby	Alissa Wible
ITC-Independence			
Tuesday	5:00pm-5:45pm	ITC Auditorium	Susan Livingston
Lakewood			
Monday	5:00pm-5:45pm	Wasmer Auditorium	Maryanne Jage
Thursday	4:00pm - 4:45pm	Traige Room/Community Cnt.	Maryanne Jage
Marymount			
Thursday	4:00pm-4:45pm	Auditorium B	Diane Monaco
Medina			
Wednesday	5:00pm - 5:45pm	Conference Room 1&2	Michelle Star
Parker			
Wednesday	11:00am - 11:45am	Fitness Center	Gopi Kumar
* Instructors may change			
*Bring your own mat			

Sunrise/Sunset Yoga Session 3 (2010) Schedule

Classes will run as scheduled July 19th - October 9th

There will be no class Monday September 6th in recognition of the Holiday

Community Hospitals:

Shaker

Wednesday	7:00am - 7:45am	Conference room A	Gopi Kumar
-----------	-----------------	-------------------	------------

Solon -29000 Aurora Rd

Tuesday	5:15pm - 6:00pm	Fitness Room	Freia Ramsey
---------	-----------------	--------------	--------------

South Pointe

Wednesday	4:30pm-5:15pm	West Wing 1 Building B 1st floor	Gopi Kumar
-----------	---------------	----------------------------------	------------

Strongsville

Tuesday	7:00am - 7:45am	Medical records room	Michelle Star
---------	-----------------	----------------------	---------------

TRW-Lyndhurst

Tuesday	5:00pm-5:45pm	2nd floor lobby	Gopi Kumar
---------	---------------	-----------------	------------

Westlake FHC

Thursday	5:30pm - 6:15pm	3rd floor ENT lobby	Rob Shulman
----------	-----------------	---------------------	-------------

Willoughby Hills FHC

Friday	12:15pm - 1:00pm	Suite 230 - 2nd floor	Gopi Kumar
--------	------------------	-----------------------	------------

Wooster

Monday's	5:30pm-6:15pm	The Studio on Liberty	Tracy Heck
----------	---------------	-----------------------	------------

* Instructors may change

*Bring your own mat