


STEFFI NOSSEN CENTER FOR MOVEMENT

Adult Class Schedule

216 N Central Ave, White Plains, NY 10606 | (914) 328-1900 |

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WELLNESS CLASSES						Level 2 8:00am - 9:15am Cara Kronen
	Strong Level 1-2 9:30am - 10:45am Dee O'Connor	Strong Level 1 9:30am - 10:45am Lisa Lindstrom	Pilates Mat Open Level 9:30am - 10:30am Melissa Giudice	Mindful Movement Open Level 9:30am - 10:45am Michelle Wert		Iyengar Level I 9:30am - 10:45am Jill Ganassi
		Level 1 12:00pm - 1:00pm Betsy Kase	Align & Flow Level I 12:00pm - 1:00pm Jen Krakowsky			
	Open Level 7:15pm - 8:30pm Clare Mottola		Dance Yoga Fusion Open Level 7:15pm - 8:30pm Shannon Dinota			
	DANCE CLASSES	Parkinson's Dance 1:30pm - 2:30pm Wendy Morsberger	Parkinson's Dance 1:30pm - 2:30pm Wendy Morsberger	Parkinson's Dance Classes Are Free! Monday Classes Begin Oct. 17th at our White Plains location Tuesday Classes Begin Oct. 18th at Bethany Arts Community in Ossining, NY		PRICING <hr/> Parkinson's Dance FREE Single Class \$25 10 Class Pack* \$225 *Expires 4 months after 1st class CLASS PACKS CAN BE APPLIED TO ANY WELLNESS OR DANCE CLASS!
Adult Tap 7:00pm - 8:00pm Dylan Baker Starts Oct. 3rd			Adult Theater Jazz 7:00pm - 8:15pm Paige Sabo Starts Oct. 13th			