



Wellness @ a SJC Library Near You!

Anastasia Island Branch Library

Lotus Yoga (limited to 15 people, sign in at the front desk)

THURSDAY, JUNE 7, 14, 21, 28	4:15 pm
THURSDAY, JULY 5, 12, 19, 26	4:15pm
THURSDAY, AUGUST 2, 9, 16, 23, 30	3:30pm

Relax with Essential Oils: Raindrop Technique

THURSDAY, JUNE 7	6pm
THURSDAY, JULY 5	6pm
THURSDAY, AUGUST 2	6pm

Heartfulness Relaxation and Meditation

SATURDAY, JUNE 9, 16, 23, 30	10:30am
SATURDAY, JULY 7, 14, 21, 28	10:30am
SATURDAY, AUGUST 4, 11, 18, 25	10:30am

St. Augustine Satsang Meditation

TUESDAY, JUNE 12, 19, 26	4:30pm
TUESDAY, JULY 10, 17, 24, 31	4:30pm
TUESDAY, AUGUST 14, 21, 28	4:30pm

Bartram Trail Branch Library

Guided Meditation Class

MONDAY, JUNE 11	10am
MONDAY, JULY 9	10am
MONDAY, AUGUST 6	10am

Gentle Yoga and Meditation Class

FRIDAY, JUNE 15	10:15am
FRIDAY, JULY 20	10:15am

Main Library

Stretching 4 Life!

FRIDAY, JUNE 1, 8	10:30 am
FRIDAY, JULY 6, 13, 20	10:30 am
FRIDAY, AUGUST 3, 10, 17	10:30 am

Low Impact Zumba Gold

WEDNESDAY, JUNE 6, 20	10:30am
WEDNESDAY, JULY 18, 25	10:30am
WEDNESDAY, AUGUST 1, 15	10:30am

Senior Stretching

THURSDAY, JUNE 7, 14, 21, 28	12:30pm
THURSDAY, JULY 12, 19, 26	12:30pm
THURSDAY, AUGUST 2, 16, 23, 30	12:30pm

Bellydance Basics Series (Registration Required)

TUESDAY, JUNE 12, 19, 26	4pm
TUESDAY, JULY 3, 10, 17, 24, 31	4pm

Tribal Fit

WEDNESDAY, JUNE 27	10:30am
WEDNESDAY, AUGUST 22	10:30am

Southeast Branch Library

Zen Meditation and Mindfulness

THURSDAY, JUNE 7, 14, 21, 28	4pm
THURSDAY, AUGUST 2, 9, 16, 30	4pm

Bellydance Basics

THURSDAY, JUNE 14, 21, 28	1pm
THURSDAY, JULY 5, 12, 19, 26	1pm

