

Weekly Exercise and Stress Reduction Classes

Weekly exercise and stress reduction classes are designed to help you relax, reset, and recharge. To participate in a live class, please register at www.cscatlanta.org/calendar. Recorded programs are also available to view at cscatlanta.org (located under the videos tab). Please note: This information is correct as of January 2024. Times may change, so visit our website at www.cscatlanta.org for the latest information.

Day/Time	Class	Instructor
Mondays, 12:00 - 12:30 p.m.	Virtual Introduction to Breathing Techniques	Bev Stegman, CR, RYT® 200
Mondays, 5:30 p.m. - 6:30 p.m.	Virtual Pilates	Jane Myers, BHS, OTR/L
Tuesdays, 10:00 - 11:00 a.m.	Virtual Body Balance	Jane Myers, BHS, OTR/L
Tuesdays, 11:15 a.m. - 12:15 p.m.	In-Person Pilates with a Foam Roller	Jane Myers, BHS, OTR/L
2nd & 4th Tuesdays, 1:00 - 2:00 p.m.	CNC Walking Group	Jane Myers, BHS, OTR/L
Wednesdays, 11:00 a.m. - 12:00 p.m.	In-Person Chair Yoga	Susan Wells, RYT
Wednesdays, 2:30 - 3:30 p.m.	In-Person Tai Chi Qigong at CNC	Brian Sutton, Tai Chi Qigong Instructor
Wednesdays, 5:30 - 6:30 p.m.	Virtual Yin Yoga	Susan Wells, RYT
Thursdays, 9:30 - 10:00 a.m.	Virtual Morning Stretch	Jane Myers, BHS, OTR/L
Thursdays, 10:00 - 11:00 a.m.	Virtual Chair Yoga	Bev Stegman, CR, RYT® 200
Thursdays, 12:00 - 1:00 p.m.	In-Person Gentle Yoga	Bev Stegman, CR, RYT® 200
Thursdays, 6:30 - 7:30 p.m.	Meditative Yoga	Rebecca Leary Safon, Certified Yoga Therapist
Fridays, 12:00 - 12:30 p.m.	Virtual 30 Minute Healing Meditation	Rebecca Leary Safon, Certified Yoga Therapist
Saturdays, 11:30 a.m. - 12:45 p.m.	Austell Chair Yoga	Bev Stegman, CR, RYT® 200

This program is made possible through a grant from It's the Journey, Inc. — Georgia 2-Day Walk for Breast Cancer.



phone 404.843.1880 • fax 404.843.1780
 1100 Johnson Ferry Road NE • Building 2, LL90 • Atlanta, GA 30342
www.cscatlanta.org

