

Weekly Exercise and Stress Reduction Virtual Classes

Weekly exercise and stress reduction classes are designed to help you relax, reset, and recharge. To participate in a live class, email emily@cscatlanta.org. Recorded programs are also available to view at cscatlanta.org (located under the videos tab).

Please note: This information is correct as of September 2021. Times may change, so visit our website at www.cscatlanta.org for the latest information.

Day/Time	Class	Instructor
Tuesdays 10:00 - 11:00 a.m.	Body Balance	Jane Myers, BHS, OTR/L
Tuesdays 11:00 a.m. - 12:00 p.m.	Pilates	Jane Myers, BHS, OTR/L
Tuesdays 12:00 - 1:00 p.m.	Gentle Yoga	Rebecca Leary Safon, NMT, c-IAYT, Y4C
Wednesdays 2:00 - 3:00 p.m.	Tai Chi Qigong	Brian Sutton, Tai Chi Qigong Instructor
Wednesdays 4:30 - 5:45 p.m.	Gentle Yoga	Susan Wells, RYT
Thursdays 11:00 a.m. - 12:00 p.m.	Wellness Workout	Bev Stegman, CR, RYT® 200
Thursdays 2:00 - 3:15 p.m.	Chair Yoga	Bev Stegman, CR, RYT® 200
Fridays 10:00 - 11:00 a.m.	Wellness Workout	Bev Stegman, CR, RYT® 200
Fridays 12:00 - 12:30 p.m.	30 Minute Healing Meditation	Rebecca Leary Safon, NMT, c-IAYT, Y4C

*These programs are made possible through a grant from
It's the Journey, Inc. – Georgia 2-Day Walk for Breast Cancer.*



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