

# a Peace of Mind

## APOM's 2017 Class Schedule

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### Adult Classes

<b>Zumba®</b>	Tamiah Bridgett	Wednesday	6:30pm - 7:45pm
<b>Yoga</b>	Helena Knorr	Friday	9:30am - 10:45am
<b>OPEN ART Studio</b>	Teaching Artists	Saturday	4:00pm – 6:00pm

### Family Oriented Classes

**West African Dance** Chrisala Brown Thursday 6:30pm - 8:00pm  
*(No Shoes or Socks)*  
*Family involvement strongly encouraged*

**West African Drumming** Kelly Parker Visit [APOMinc.org](http://APOMinc.org)  
*\*Call or email [info@apominc.org](mailto:info@apominc.org) for registration information*

### Children's Classes

**Ballet and Jazz are currently being redeveloped, however email for registration dates.**

**West African Dance** Chrisala Brown Saturday 1:00pm - 2:15pm  
Ages 5 and up  
*(No shoes or socks)*

### Suggested Donation -- \$10

Please visit our website for updated personal development workshops.

Email to Rent our Space

**A Peace of Mind, Inc Dance/Fitness & Therapeutic Art Studio**  
620 Wood Street, Wilkinsburg, PA 15221  
412.241.2766 (APOM)  
[www.APOMinc.org](http://www.APOMinc.org)

Please look out for our therapeutic art initiative  
beginning in June

**– Painting Through Pain –**

**Art is universal; and can be used to heal, repair and reconnect.**