



# YOGA in COMMON

## APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30 am Amanda Masterpaul		5:30-6:30 am Amanda Masterpaul		YOGA in the PARK 8:15-9:15 am \$10 cash, for all
9:30-10:45 am Stretch & STRENGTHEN Javier Lopez	9:30-10:30 am HOT Vinyasa Sherry	9:30-10:30 am Basic HATHA Jo Ducey	9:30-10:30 am Vinyasa FLOW Ben Sota	9:30-10:30 am GENTLE Sherry	9:30-10: am45 NEXT LEVEL Flow Yoga Ashlee Landreth	9:30-10:45 am Vinyasa FLOW Sherry Peckham
11:00-12:00 Vinyasa FLOW Ben or Stevie	11:00-12:00 BASIC Hatha Sherry	11:00-12:00 RESTORATIVE Joanne Dagato	11:00-12:00 BASIC Hatha Ben Sota	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:15 Stretch & STRENGTHEN Danielle Guido
12:15-1:15 RESTORATIVE Ben or Stevie	12:30-1:30 Vinyasa FLOW Danielle S	12:00-1:15 Forrest Yoga Jo Ducey	12:30-1:30 YoGod Vinyasa FLOW Ashlee Landreth	<b>12:00-1:15</b> ASHTANGA Javier Lopez <b>12:15-1:15</b> RESTORATIVE Claire Liddle	12:30- 1:30 Vinyasa Flow Amanda Masterpaul	12:30-1:30 Moving 2 Heal: Gentle Nia Dance Debbie Mundie
2:30-3:30 pm <b>NEW to YOGA</b> <b>(GENTLE Style)</b> Stevie Goggans	2:15-3:15 pm <b>BOOK Group</b> Join any week. Annie Moffatt <b>3:30-4:15</b> <b>Qi Gong/Jimmy</b> \$5 or yoga pass		2:30-3:30 pm GENTLE Yoga Carolyn or Sue			<b>2:30-3:30 pm</b> <b>COMMUNITY CLASS</b> <b>GENTLE</b> Yoga, \$5 Sue or Rosemary <b>3:30-4:15 pm</b> <b>Meditation Class</b> \$5 or yoga pass Pensri or Joe DiSabatino
4:30-5:30 pm Vinyasa FLOW Nita Nichols <b>BHAKTI Yoga</b> <b>APRIL 15, 4:15</b>	4:30-5:30 pm GENTLE Sue Pearly <b>4:30-5:30 pm</b> <b>KIDS Yoga</b> <b>Ashlee L</b>	4:30-5:30 pm Stretch & RECHARGE Sherry	4:30-5:30 pm YIN Yoga Danielle Switzer	4:30-5:30 pm EASE-ful Yoga Joanne Dagato	4:30-5:30 pm RESTORATIVE Sherry or Sue <b>4:30-5:30 pm</b> <b>HOT Vinyasa</b> Felice Colton	4:30-5:30 pm Rinse & Repeat (Structured Yoga sequence in a heated room.) Danielle Guido
<b>5:35-6:05 pm</b> <b>Meditation</b> \$5 or yoga pass Scott Pomicter	5:45-6:45 pm POWER Yoga Danielle Switzer	5:45-6:45 pm Stretch & STRENGTHEN Sherry	5:45-7:00 pm Vinyasa FLOW Danielle Guido	5:45-6:45 pm POWER Vinyasa Felice Colton	5:45-6:45 pm POWER Yoga Javier Lopez	5:45-6:45 pm Yin Yoga & Chakra Balancing <b>*STARTS APRIL 14</b> Nita Nichols
6:15-7:30 pm YIN yoga Stevie or Danielle Guido	6:15-7:15 pm Stretch & RECHARGE Danielle G	<b>6:15-7:15 pm</b> <b>SATTVA Yoga</b> Erika Todd <b>7:15-8:30 pm</b> <b>Ashtanga Yoga</b> Javier Lopez	6:15-7:15 pm <b>NEW to YOGA</b> <b>(Vinyasa Style)</b> Carolyn Bassett	6:15-7:15 pm HOT Vinyasa Maura Utley <b>7:15-8:15 pm</b> <b>FLOW/w Jill</b>	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5 Rosemary or Molly	<b>FAMILY YOGA</b> <b>SAT, APRIL 28, 2018</b> <b>1:00-2:00 pm</b> <b>\$10/family. All ages.</b> <b>w/ Ashlee Landreth</b>  <b>No prior yoga</b> <b>experience necessary.</b>
	<b>7:00-8:00 pm</b> <b>TEEN Yoga</b> 7:30-8:30 pm <b>Stretch &amp;</b> <b>STRENGTHEN</b> Danielle Guido	7:30-8:30 pm YIN yoga Stevie Goggans	7:15-8:30 pm Mindful Movement Yoga (Gentle flow class ending with a guided <b>meditation.</b> ) Danielle Guido	7:30-8:30 pm Restore/YIN Maura Utley		<b>LATE NIGHT Yoga</b> <b>SATURDAY, April 28</b> <b>8:30-9:30 pm</b> <b>\$5, for Everyone.</b>  <b>Enjoy the fun!</b>