



YOGA in COMMON

AUGUST 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YOGA at the BEACH, 6 pm \$10 cash, all	YOGA at the Beach, 7 am, \$10 cash, all		5:30-6:30 AM Vinyasa FLOW Amanda M.		YOGA at the BEACH, 8:15 am \$10 cash, for all
9:30-10:45 am Stretch & STRENGTHEN Javier Lopez	9:30-10:30 am Vinyasa FLOW Sherry	9:30-10:30 am Basic HATHA Amanda M	9:30-10:30 am Vinyasa FLOW Ben Sota	9:30-10:30 am GENTLE Sherry	9:30-10:45 am NEXT LEVEL Flow Yoga Ashlee Landreth	9:30-10:45 am Vinyasa FLOW Sherry Peckham
11:00-12:00 Vinyasa FLOW Ben or Carolyn	11:00-12:00 BASIC Hatha Sherry Peckham	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 11:00-12:00 Baby & Mama Yoga/Shelsea	11:00-12:15 Stretch & STRENGTHEN Danielle Guido
12:15-1:15 RESTORATIVE Ben or Carolyn	12:30-1:30 Vinyasa FLOW Danielle S	12:00-1:15 Vinyasa FLOW Amanda M	12:30-1:30 YoGod Vinyasa FLOW Ashlee Landreth	12:00-1:15 Vinyasa FLOW Javier Lopez 12:15-1:15 RESTORATIVE Claire Liddle	12:30- 1:30 Forrest FLOW Belly Dance, all levels, Begins 8/17	
2:30-3:30 pm NEW to YOGA (GENTLE Style) Carolyn Bassett	3:30-4:15 pm Qi Gong Jimmy Revell		2:30-3:30 pm GENTLE Yoga Carolyn or Sue			1:30-2:15 pm Meditation Class \$5 or yoga pass Pensri Boonesuane 2:30-3:30 pm COMMUNITY CLASS GENTLE Yoga, \$5 Sue or Rosemary
4:30-5:30 pm Vinyasa FLOW Nita Nichols 5:15-5:45 pm Meditation \$5 or yoga pass Scott Pomicter	4:30-5:30 pm GENTLE Sue Pearly 4:30-5:30 pm KIDS Yoga Ashlee L	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 Sue Pearly	4:30-5:30 pm HOT Vinyasa Flow Danielle Guido
5:45-6:45 pm YIN yoga Nita Nichols	5:45-6:45 pm POWER Yoga Danielle S	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 HOT Flow Yoga Ashlee Landreth	*Qoya Dance for Women* AUGUST 18 & 25 4:00-5:15pm, Yoga pass or \$15
	6:15-7:15 pm Stretch & RECHARGE Danielle Guido	6:15-7:15 pm Vinyasa FLOW Javier Lopez	6:15-7:15 pm NEW to YOGA (Vinyasa Style) Carolyn Bassett	6:15-7:15 pm HOT Vinyasa Maura Utley	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5 Rosemary	FAMILY YOGA SAT, AUG 25, 2018 1:00-2:00 pm \$10/family. All ages. w/ Ashlee Landreth No prior yoga experience necessary.
	7:30-8:30 pm Stretch & STRENGTHEN Danielle Guido	7:30-8:30 pm YIN yoga Carolyn or Nita	7:15-8:15 pm Basic HATHA Danielle Guido	7:30-8:30 pm Yin/Flow for all levels Maura Utley		LATE NIGHT Yoga SATURDAY, AUG 25 8:30-9:30 pm \$5, for Everyone. Enjoy the fun!