



YOGA in COMMON

AUGUST, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30 am Vinyasa FLOW Carolyn Bassett		5:30-6:30 am Vinyasa FLOW Carolyn Bassett		
9:30-10:45 am Stretch & STRENGTHEN 10:30-11:30 Nia with Mary	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	9:30-10:30 am Vinyasa FLOW Ashlee L	9:30-10:45 am Vinyasa FLOW Sherry Peckham
11:00-12:00 Vinyasa FLOW Carolyn Bassett	11:00-12:00 BASIC Hatha Sherry	11:00-12:00 RESTORATIVE Joanne D.	11:00-12:00 Nia Dance Debbie Mundie	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 BASIC Hatha Gail Warner	11:00-12:15 Stretch & STRENGTHEN Danielle Guido
12:15-1:15 RESTORATIVE Ben Sota	12:30-1:30 Vinyasa FLOW Danielle Switzer	12:00-1:15 Forrest Yoga Jo Ducey	12:30-1:30 NEXT Level Flow Yoga Ashlee L	12:00-1:30 ASHTANGA Javier Lopez 12:15-1:15 RESTORATIVE Claire Liddle	12:00- 1:15 Vinyasa FLOW Danielle Guido	
2:30-3:30 pm NEW to YOGA (Vinyasa Flow) Nita Nichols	12:15-1:15 BOOK Group Join any week! No fee. Annie Moffat	12:30-1:45 7 Laws of Yoga An All-levels Yoga Class Erika Guerra-Todd	2:30-3:30 pm GENTLE Yoga Stevie Goggans			2:00-3:00 pm Meditation Class, \$5 Pensri/Joe DiSabatino 3:00-4:00 pm, \$5 COMMUNITY CLASS GENTLE Yoga Sue or Carolyn
4:30-5:30 pm Vinyasa FLOW Nita Nichols	4:30-5:30 pm GENTLE Sue Pearly	4:30-5:30 pm Stretch & STRENGTHEN 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 HOT Vinyasa Felice	4:30-5:30 pm HOT Vinyasa Heather Voelker
5:35-6:05 pm Meditation Class pass or donation accepted Scott Pomicter	5:45-6:45 pm POWER Yoga Danielle Switzer	5:45-6:45 pm Stretch & RECHARGE Sherry	5:45-7:00 pm Vinyasa FLOW Heather Voelker	5:45-6:45 pm POWER Vinyasa Felice Colton	5:45-7:15 pm ASHTANGA Javier Lopez	
6:15-7:30 pm YIN yoga Stevie Goggans	6:15-7:15 pm Stretch & RECHARGE Danielle G	6:15-7:15 pm POWER Yoga Javier Lopez	6:15-7:15 pm NEW to YOGA (Vinyasa Flow) Danielle Guido	6:15-7:15 pm HOT Vinyasa Maura Utley	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5 Rosemary or Stevie Goggans	
	7:30-8:30 pm Stretch & STRENGTHEN Danielle Guido	7:30-8:30pm Stretch & STRENGTHEN Javier Lopez	7:30-8:30 pm YIN Yoga Heather Hyde	7:15-8:15 pm Vinyasa FLOW Felice Colton 7:30-8:30 pm Restorative/YIN Maura Utley		FAMILY YOGA SAT, AUG 26, 2017 1:00-2:00 pm No prior yoga experience necessary. \$10/family. All ages.