



YOGA in COMMON

JUNE, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30 am Vinyasa FLOW Mike/Carolyn				
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 Gail Warner	9:30-10:30 am Vinyasa FLOW Ashlee Landreth	9:30-10:30 am GENTLE Sherry	9:30-10:30 am Forrest Yoga Jo Ducey	9:30-10:45 am Vinyasa FLOW Sherry Peckham
11:00-12:00 Vinyasa FLOW Mike Quinn or 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 Jo Ducey	11:00-12:15 Stretch & STRENGTHEN Danielle Guido
12:15-1:15 RESTORATIVE Sue Pearly	12:30-1:30 Vinyasa FLOW Danielle Switzer	12:00-1:15 Next Level FLOW Ashlee L	12:30-1:30 Forrest Yoga Jo Ducey	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		<u>2:30-3:30 pm</u> GENTLE Yoga Gail Warner			2:00-3:00 pm Meditation Class, \$5 Pensri/Joe DiSabatino 3:00-4:00 pm COMMUNITY CLASS, \$5 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 P	4:30-5:30 pm YIN Yoga Danielle Switzer	4:30-5:30 pm Stretch & RECHARGE Sherry Peckham	4:30-5:30 pm RESTORATIVE Sherry or Sue	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 EASEFUL Yoga Joanne D	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 Layne Neville	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 Carolyn	
	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, JUNE 24, 2017 1:00-2:00 pm No prior yoga experience necessary. \$10/family. All ages.