



YOGA in COMMON

NOVEMBER, 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 Dance/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 Ben Sota	11:00-12:00 BASIC Hatha Sherry	11:00-12:00 RESTORATIVE Joanne Dagato	11:00-12:00 BASIC Hatha Guest instructor Lori Dye	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 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- 1:30 Rinse & Repeat (Structured sequence in a heated room.) Danielle Guido	
2:30-3:30 pm NEW to YOGA (Vinyasa Flow) Nita Nichols	2:15-3:15 pm BOOK Group Annie Moffat 3:30-4:15 Qi Gong Included in pass		<u>2:30-3:30 pm</u> GENTLE Yoga Stevie or Sue			2:00-3:00 pm Meditation Class, \$5 Pensri/Joe DiSabatino <u>3:00-4:00 pm</u> COMMUNITY CLASS GENTLE Yoga, \$5 Sue Pearly or Stevie
4:15-5:15 pm BHAKTI Yoga Shelsea or Stevie 4:30-5:30 pm Vinyasa FLOW Nita Nichols	4:30-5:30 pm GENTLE Gail Warner	4:30-5:30 pm Stretch & STRENGTHEN Sherry 5:15-6:15 pm Align & FLOW Claire Liddle	4:30-5:30 pm YIN Yoga Danielle Switzer 4:30-5:45 pm BELLYDANCE Christine Bonaparte	4:30-5:30 pm EASE-ful Yoga Joanne Dagato	4:30-5:30 pm RESTORATIVE Sherry or Sue 4:30-5:30 pm HOT Vinyasa Felice Colton	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 Guest teacher, Lori Dye	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 or Layne	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) Carolyn Bassett	6:15-7:15 pm HOT Vinyasa Maura Utley	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5 Stevie or Molly or Rosemary	
	7:30-8:30 pm Stretch & STRENGTHEN Danielle Guido	7:00-8:00 pm YIN yoga Claire Liddle	7:15-8:30 pm Mindful Movement Yoga (gentle flow class followed by guided meditation) Danielle Guido	7:15-8:15 pm Vinyasa Flow Felice Colton 7:30-8:30 pm Restore/YIN Maura Utley		FAMILY YOGA SAT, NOV 25, 2017 1:00-2:00 pm No prior yoga experience necessary. \$10/family. All ages.