



YOGA in COMMON

SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:15 am Belly Dance Liz Calloway						
9:30-10:45 am Stretch & STRENGTHEN Javier Lopez	9:30-10:30 am Vinyasa FLOW Sherry	9:30-10:30 am Basic HATHA David Merry	9:30-10:30 am Vinyasa FLOW Stevie Goggans	9:30-10:30 am GENTLE Sherry	9:30-10:45 am Morning Slow Flow Yoga Stevie Goggans	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 YIN Joanne Dagato	11:00-12:00 BASIC Hatha Stevie Goggans	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 Laurie Spector	12:00-1:15 Vinyasa FLOW Megan Ludolph	12:30-1:30 Vinyasa FLOW Javier Lopez	12:00-1:15 Vinyasa FLOW Javier Lopez 12:30-1:30 YIN Claire Liddle	12:30- 1:30 HOT Flow Yoga Javier Lopez	1:30-2:15 pm Meditation Class \$ 5 or yoga pass Joe DiSabatino or Pensri Boonesuane
2:30-3:30 pm NEW to YOGA (GENTLE Style) Sue Pearly	3:30-4:15 pm Tai Chi all levels welcome \$7 or yoga pass Bill Tierney		2:30-3:30 pm GENTLE Yoga David Merry		2:30-3:45 Vinyasa FLOW Stevie	2:30-3:30 pm COMMUNITY CLASS (GENTLE Yoga) \$7 or yoga pass Sue or Danelle G
4:00-5:15 pm Vinyasa FLOW Nita Nichols 5:30-6:00 pm Meditation \$5 or yoga pass Scott Pomictter	4:30-5:30 pm GENTLE Sue Pearly	4:30-5:30 pm Stretch & RECHARGE Sherry	4:30-5:45 pm YIN Yoga Danielle Duvall	4:30-5:30 pm EASE-ful Yoga Joanne Dagato	4:30-5:30 pm RESTORATIVE Sue or Sherry	4:00-5:15 pm Vinyasa FLOW Danielle G
6:05-7:05 pm YIN yoga Nita Nichols	6:00-7:00 pm Stretch & RECHARGE Danielle Guido	6:00-7:15 pm Vinyasa FLOW Laurie Spector	6:00-7:00 pm BASIC Hatha good for NEW to YOGA Anna	6:00-7:00 pm HOT Vinyasa FLOW Maura Utley	6:00-7:00 pm COMMUNITY (Vinyasa Flow) \$7 or class pass Stevie	FAMILY YOGA FRIDAY, SEPT 27 7:15-8:15 pm \$10/Family (No prior experience needed.)
	7:15-8:15 pm Stretch & STRENGTHEN Danielle Guido	7:15-8:15 pm Gentle Yoga Anna Guzzi	7:15-8:15 pm Slow Flow Yoga with a Guided Meditation (all levels welcome) Danielle G	7:15-8:30 pm YIN Floor Flow for all levels Maura Utley		LATE NIGHT YOGA All-level Vinyasa Flow SATURDAY, SEPT 28 8:30-9:30 pm \$7 for Everyone. Enjoy the fun!