



YOGA in COMMON CLASSES

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beach Yoga 8:30-9:15 AM \$10 cash Danielle Guido			Beach Yoga 8:30-9:15AM \$10 cash Mackenzie M		7:00-8:00am Forrest FLOW Yoga Joanna Ducey	
9:30-10:45 am Vinyasa FLOW Stevie Goggans	9:30-10:30 am Vinyasa FLOW Mackenzie Montgomery	9:30-10:30 am BASIC Hatha Sherry P	9:30-10:30 am Vinyasa FLOW Stephanie C	9:30-10:30 am Gentle YIN Claire Liddle	9:30-10:30 am Vinyasa FLOW Sherry Peckham 10-11:00 HATHA Kathy H	9:30-10:30 am BASIC Hatha Sherry Peckham
11:00-12:00 Slow FLOW Ben Sota 11:30-12:30 Power Hour Maura Utley	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:15 Forrest FLOW Yoga Joanna Ducey	11:00-12:00 Yoga For The Inflexible Kathy Hirshfeld	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 GENTLE Yoga Sherry Peckham	1:00-2:00 pm Tai Chi (all levels) Michael Muckin Yoga Pass or \$7
1:30-2:30 pm GENTLE Yoga Sue Pearly or Carolyn Bassett	12:15-1:15 pm Tai Chi (all levels) Bill Tierney Yoga Pass or \$7	12:30-1:30 pm Vinyasa FLOW Stevie Goggans		12:30-1:30 pm Vinyasa FLOW Stephanie C		2:10-2:50 pm Mindfulness Meditation by donation Joe DiSabatino Or Jackie Snyder
3:00-4:00 pm RESTORATIVE Yoga Carolyn Bassett			2:30-3:30 GENTLE Yoga Carolyn Bassett		2:30-3:30 GENTLE Yoga Mackenzie M	3:00-4:00 pm GENTLE Yoga Irene Adams
4:10-4:50 pm Mindfulness Meditation by donation Carolyn Bassett	4:30-5:30 pm GENTLE Yoga Sue Pearly	5:00-5:45 pm Restorative Breathwork (A Meditation Session) by donation Michael Muckin	4:30-5:45 pm YIN Yoga Carolyn Bassett	4:30-5:30 pm GENTLE Yoga Janeen A	4:30-5:30 pm RESTORATIVE Yoga Joanne Dagato	4:00-5:00 pm Vinyasa FLOW Sue O'Brien
	6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido	6:00-7:00 pm YIN Yoga Joanne Dagato	6:00-7:00 pm HATHA Yoga & Meditation Jackie Snyder	6:00-7:00 pm Vinyasa FLOW Kathy Or Janeen	5:30-6:30 pm Soothing Vinyasa FLOW Stevie Goggans	
		7:00-8:00 pm GENTLE Yoga Whitney Dodenhoff	7:00-8:00 pm Vinyasa FLOW Sue O'Brien		6:30-7:30 pm YIN + Flow Yoga Sheri Stoddard	

BLACK: Studio ONLY **RED:** Studio & ZOOM