



# YOGA in COMMON Studio & Online Classes

FEBRUARY, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:00 am Vinyasa FLOW Haileigh Fickes				
9:30-10:30 pm PROP up your Power Maura Utley	9:30-10:30 am Vinyasa FLOW Megan Russell	9:30-10:30 am BASIC Hatha Megan Russell	9:30-10:30 am Vinyasa FLOW Meg Gist	9:30-10:30 am Gentle YIN Claire Liddle	9:30-10:30 am Vinyasa FLOW Sherry Peckham	9:30-10:30 am Vinyasa FLOW Sherry Peckham
					10:30-11:30 BASIC Hatha Kathy Hirschfeld	
11:00-12:15 Slow FLOW Haileigh Fickes	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:00 Functional Yoga: Strength & Vitality for Life Carolyn B	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	11:00-12:15 Stretch and STRENGTHEN Danielle Guido
1:00-2:00 pm GENTLE Yoga Carolyn Bassett 3:00-4:00 pm RESTORATIVE Yoga Carolyn Bassett	1:00-2:00 pm Tai Chi Yoga Pass or \$7 Bill Tierney	12:30-1:30 pm Vinyasa FLOW Danielle Guido	12:30-1:30 pm Vinyasa FLOW Irene Adams 2:15-3:00 Meditation, free w/Pensri	12:30-1:30 pm Vinyasa FLOW Meg Gist	12:30-1:30 pm YIN Yoga Joanne Dagato	1:00-2:00 pm Slow FLOW Sue O'Brien 2:15-3:00 Meditation, free Pensri or Joe D
	4:30-5:30 pm GENTLE Yoga Sue Pearly	4:30-5:45 pm Slow FLOW Irene Adams	4:30-5:45 pm YIN Yoga Nita Nichols	4:30-5:30 pm GENTLE Yoga Laura Bradford	4:30-5:30 Slow FLOW Sue O'Brien	4:30-5:45 pm KUNDALINI Yoga Laura Bradford
	6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido	6:00-7:00 pm POWER Hour Danielle Guido	6:00-7:30 pm 'Reiki Release' Sessions, \$1/min Call for appt Rita or Destiny	6:00-7:00 pm PILATES All-levels mat class Yoga Pass or \$16 Kristin Johnson	5:45-6:45 pm Belly Dance Yoga Pass or \$16 Christine Bonaparte	<b>SAT, FEB 27 (only)</b> <b>*4:00-4:30 pm*</b> <b>KIRTAN (music)</b> w/Laura Bradford All welcome. free
		7:30-8:30 pm GENTLE Yoga Whitney D		7:30-8:30 pm Healing Reiki FLOW Yoga Lindsay W	LATE NIGHT FLOW Yoga <b>FRIDAY, FEB 26</b> 7:30-8:30 pm \$10, for all Danielle Guido	

**BLACK:** Studio (maximum of 9) **OR** Participate Livestream via ZOOM.

**RED: Studio Only** with physical distancing and other safety measures. **BLUE: ZOOM Only.**

\*\*Please pre-register for every class: on the Mindbody App, on our Website, or Call us!\*\*

Please NOTE : Face Coverings are REQUIRED in the Boutique & Hallways. They are optional once you are seated on your mat.