



YOGA in COMMON

JANUARY, 2018

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 or Carolyn	11:00-12:00 BASIC Hatha Sherry	11:00-12:00 RESTORATIVE Joanne Dagato	11:00-12:00 BASIC Hatha Ben Sota	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 or Carolyn	12:30-1:30 Vinyasa FLOW Danielle S	12:00-1:15 Forrest Yoga Jo Ducey	12:30-1:30 NEXT Level Flow Yoga Ashlee L	12:00-1:15 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) Shelsea Novosel	2:15-3:15 pm BOOK Group Annie Moffat 3:30-4:15 Qi Gong/Jimmy \$5 or yoga pass		<u>2:30-3:30 pm</u> GENTLE Yoga Sue or Carolyn B			2:00-3:00 pm Meditation Class, \$5 Joe DiSabatino 3:00-4:00 pm COMMUNITY CLASS GENTLE Yoga, \$5 Sue or Rosemary
4:30-5:30 pm Vinyasa FLOW Nita Nichols	4:30-5:30 pm GENTLE Sue Pearly	4:30-5:30 pm Stretch & RECHARGE Sherry 4:30-5:30 pm POWER Flow Javier Lopez	4:30-5:30 pm YIN Yoga Danielle Switzer	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 Jill Stanley or Alyona Volkova
5:35-6:05 pm Meditation \$5 or yoga pass Scott Pomicter	5:45-6:45 pm POWER Yoga Danielle Switzer	5:45-6:45 pm Stretch & STRENGTHEN Sherry	5:45-7:00 pm Vinyasa FLOW Shelsea Novosel	5:45-6:45 pm POWER Vinyasa Felice Colton	5:45-6:45 pm POWER Yoga 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 Align & FLOW Claire Liddle	6:15-7:15 pm NEW to YOGA (Vinyasa Flow) Carolyn Bassett	6:15-7:15 pm HOT Vinyasa Maura Utley 7:15-8:15 pm FLOW/w Felice	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5 Molly or Rosemary	
	7:30-8:30 pm Stretch & STRENGTHEN Danielle Guido	7:30-8:30 pm YIN yoga Claire Liddle	7:15-8:30 pm Mindful Movement Yoga (gentle flow class followed by guided meditation) Danielle Guido	7:30-8:30 pm Restore/YIN Maura Utley		FAMILY YOGA SAT, JAN 27, 2017 1:00-2:00 pm No prior yoga experience necessary. \$10/family. All ages.