



# 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 <b>10:30-11:30</b> 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  Stevie or Ben	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	<b>12:00-1:15</b> <b>ASHTANGA</b> Javier Lopez <b>12:15-1:15</b> <b>RESTORATIVE</b> Claire Liddle	12:00- 1:30 Rinse & Repeat (Structured sequence in a heated room.) Danielle Guido	
2:30-3:30 pm <b>NEW to YOGA</b> <b>(Vinyasa Flow)</b>  Shelsea Novosel	2:15-3:15 pm <b>BOOK Group</b> Annie Moffat <b>3:30-4:15</b> <b>Qi Gong/Jimmy</b> \$5 or yoga pass		<u>2:30-3:30 pm</u> GENTLE Yoga  Stevie or Jo Ducey			2:00-3:00 pm <b>Meditation Class, \$5</b> Pensri Boonesuane or Joe DiSabatino <b>3:00-4:00 pm</b> <b>COMMUNITY CLASS</b> <b>GENTLE Yoga, \$5</b> Sue or Rosemary
4:30-5:30 pm Vinyasa FLOW  Nita Nichols	4:30-5:30 pm GENTLE  Stevie or Sue	4:30-5:30 pm Stretch & RECHARGE Sherry <b>4:30-5:30 pm</b> <b>POWER Flow</b> Javier Lopez	4:30-5:30 pm YIN Yoga Danielle Switzer <b>4:30-5:45 pm</b> <b>BELLYDANCE</b> Christine Bonaparte	4:30-5:30 pm EASE-ful Yoga  Joanne Dagato	4:30-5:30 pm <b>RESTORATIVE</b> Sherry or Sue  <b>4:30-5:30 pm</b> <b>HOT Vinyasa</b> Felice Colton	4:30-5:30 pm HOT Vinyasa  Jill Stanley or Yelena Volkova
<b>5:35-6:05 pm</b> <b>Meditation</b> \$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  Stevie or Layne	6:15-7:15 pm Stretch & RECHARGE  Danielle G	6:15-7:15 pm Align & FLOW  Claire Liddle	6:15-7:15 pm <b>NEW to YOGA</b> <b>(Vinyasa Flow)</b>  Carolyn Bassett	6:15-7:15 pm HOT Vinyasa Maura Utley <b>7:15-8:15 pm</b> <b>FLOW/w Felice</b>	6:15-7:15 pm <b>COMMUNITY</b> <b>Vinyasa Flow, \$5</b> Stevie or 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		<b>FAMILY YOGA</b> <b>SAT, JAN 27, 2017</b> <b>1:00-2:00 pm</b>  <b>No prior yoga</b> <b>experience necessary.</b> <b>\$10/family. All ages.</b>