



# YOGA in COMMON

## JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YOGA at the BEACH, <u>6 pm</u> \$10 cash, for all			5:30-6:30 am Vinyasa FLOW Amanda M.		YOGA at the BEACH, <u>8:15 am</u> \$10 cash, for all
9:30-10:45 am Stretch & STRENGTHEN Javier Lopez	9:30-10:30 am Vinyasa FLOW  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	9:30-10:45 am NEXT LEVEL Flow Yoga Ashlee Landreth	9:30-10:45 am Vinyasa FLOW  Sherry Peckham
11:00-12:00 Vinyasa FLOW  Ben Sota	11:00-12:00 BASIC Hatha  Sherry Peckham	11:00-12:00 RESTORATIVE  Joanne Dagato	11:00-12:00 <u>BASIC Hatha/Ben</u> <b>BABY &amp; MAMA</b> Yoga, 11-12:15 Shelsea & Ayana	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  Amanda M.	12:00-1:15 Forrest Yoga  Jo Ducey	12:30-1:30 YoGod Vinyasa FLOW  Ashlee Landreth	<b>12:00-1:15</b> <b>Vinyasa FLOW</b> Javier Lopez <b>12:15-1:15</b> <b>RESTORATIVE</b> Claire Liddle	12:30- 1:30 Vinyasa Flow  Amanda Masterpaul	
2:30-3:30 pm <b>NEW to YOGA</b> <b>(GENTLE Style)</b>  Amanda M.			2:30-3:30 pm GENTLE Yoga  Carolyn or Sue			<b>1:30-2:15 pm</b> <b>Meditation Class</b> \$5 or yoga pass Pensri Boonesuane <b>2:30-3:30 pm</b> <b>COMMUNITY CLASS</b> <b>GENTLE Yoga, \$5</b> Sue or Rosemary
4:30-5:30 pm Vinyasa FLOW Nita Nichols <b>5:15-5:45 pm</b> <b>Meditation</b> \$5 or yoga pass Scott Pomicter	4:30-5:30 pm GENTLE Sue Pearly <b>4:30-5:30 pm</b> <b>KIDS Yoga</b> <b>Ashlee L</b>	4:30-5:30 pm Stretch & RECHARGE  Sherry	4:30-5:30 pm YIN Yoga  Jess Durivage	4:30-5:30 pm EASE-ful Yoga  Joanne Dagato	4:30-5:30 pm RESTORATIVE  Sue Pearly	4:30-5:30 pm HOT Vinyasa Flow  Danielle Guido
5:45-6:45 pm YIN yoga  Nita Nichols	5:45-6:45 pm POWER Yoga  Ashlee L	5:45-6:45 pm Stretch & STRENGTHEN  Sherry	5:45-7:00 pm Vinyasa FLOW  Danielle Guido	5:45-6:45 pm POWER Vinyasa  Felice Colton	5:45-6:45 pm HOT Vinyasa  Ashlee Landreth	
	6:15-7:15 pm Stretch & RECHARGE  Danielle Guido	6:15-7:15 pm Vinyasa FLOW  Javier Lopez	6:15-7:15 pm <b>NEW to YOGA</b> <b>(Vinyasa Style)</b>  Carolyn Bassett	6:15-7:15 pm HOT Vinyasa  Maura Utlely	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5  Rosemary	<b>FAMILY YOGA</b> <b>SAT, July 28, 2018</b> <b>1:00-2:00 pm</b> <b>\$10/family. All ages.</b> <b>w/ Ashlee Landreth</b> <b>No prior yoga</b> <b>experience necessary.</b>
	7:30-8:30 pm Stretch & STRENGTHEN  Danielle Guido	7:30-8:30 pm YIN yoga  Carolyn or Nita	7:15-8:15 pm Basic HATHA  Danielle Guido	7:30-8:30 pm Yin/Flow for all levels  Maura Utlely		<b>LATE NIGHT Yoga</b> <b>SATURDAY, JULY 28</b> <b>8:30-9:30 pm</b> <b>\$5, for Everyone.</b>  <b>Enjoy the fun!</b>