



# YOGA in COMMON Studio & Online Classes

JULY, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30 pm <b>Yoga Sculpt</b>  Maura Utley		6:00-7:00 am Vinyasa FLOW  Haileigh Fickes				
9:30-10:30 am Vinyasa FLOW  Taylyn Reine	9:30-10:30 am <b>Vinyasa FLOW</b>  Laurie Spector	9:30-10:30 am <b>BASIC Hatha</b>  Laurie Spector	9:30-10:30 am Vinyasa FLOW  Taylyn Reine	9:30-10:30 am Gentle YIN  Claire Liddle	9:30-10:30 am Vinyasa FLOW  Sherry Peckham	9:30-10:30 am BASIC Hatha  Sherry Peckham
	10:30-11:30 Gentle YIN  Joanne Dagato				10:30-11:30 BASIC Hatha  Kathy Hirschfeld	
11:00-12:00 Slow FLOW  Ben Sota	11:00-12:00 <b>BASIC Hatha</b>  Sue Pearly	11:00-12:00 Forrest FLOW Yoga  Jo 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	11:00-12:00 Vinyasa FLOW  Sue O'Brien
12:15-1:15 <b>Movement as Medicine</b> yoga Maura Utley 1:30-2:30 pm <b>GENTLE Yoga</b> Haileigh Fickes	1:00-2:00 pm Tai Chi Yoga Pass or \$7  Bill Tierney	12:30-1:30 pm Vinyasa FLOW  Alex Christie	12:30-1:30 pm Vinyasa FLOW  Laurie Spector	12:30-1:30 pm Vinyasa FLOW  Taylyn Reine	12:30-1:30 pm <b>RESTORATIVE Yoga</b> Joanne Dagato <b>1:30-2:30 Reiki Sessions</b> Please call for appt	1:00-2:00 pm <b>Stretch and STRENGTHEN</b> Haileigh Fickes <b>2:15-3:00 pm Meditation</b> , free Pensri or Joe D.
3:00-4:00 pm RESTORATIVE Yoga Sue Pearly	4:30-5:30 pm <b>GENTLE Yoga</b>  Sue Pearly	4:30-5:30 pm Vinyasa FLOW  Irene Adams	4:30-5:45 pm YIN Yoga  Claire Liddle	4:30-5:30 pm <b>GENTLE Yoga</b>  Haileigh Fickes	4:30-5:30 pm Vinyasa FLOW  Alex Christie	3:00-4:00 pm GENTLE Yoga  Irene Adams
	6:00-7:00 pm Stretch and STRENGTHEN  Danielle Guido	6:00-7:00 pm Vinyasa FLOW  Laurie Spector	6:00-7:30 pm Meditation into the Akashic Records \$10/pp Michael Smith	6:00-7:00 pm Stretch and STRENGTHEN  Danielle Guido	FRIDAY July 9 6:00-7:15 pm <b>Ascension Journey Back to Self</b> \$10 Michael Smith	
<b>BEACH YOGA! SUNDAYS 8:15 AM</b> NASH Street Access, \$10 cash Pay on our App!  Danielle Guido	7:30-8:30 pm FLOW Yoga for Beginners  Laurie Spector	7:30-8:30 pm <b>GENTLE Yoga</b> Whitney D <b>BEACH YOGA!</b> Nash Street Acc 6:30-7:30 pm \$10 Lindsay Worek	7:30-8:30 pm Vinyasa FLOW  Sue O'Brien	7:30-8:30 pm Stretch and RECHARGE  Lindsay Worek	7:30-8:30 pm <b>80's Fun FLOW</b> JULY 9, \$10/pp Whitney D <b>Late Night FLOW</b> JULY 30, \$10/pp Haileigh Fickes	7:30-8:30pm <b>Candlelight RESTORATIVE Yoga</b> \$10/pp JULY 24  Carolyn Bassett

**BLACK:** Studio ONLY

**RED: Studio and ZOOM** **BLUE: ZOOM Only.** \*Please pre-register for every class: On the free YogainCommon App in your App store, or On our Website, or Call us! \* Feel free to wear a face covering as you choose.