



# YOGA in COMMON

## JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:45 am Stretch & STRENGTHEN	9:30-10:30 am Vinyasa FLOW	9:30-10:30 am Basic HATHA	9:30-10:30 am Vinyasa FLOW	9:30-10:30 am GENTLE	9:30-10:45 am NEXT LEVEL Flow Yoga	9:30-10:45 am Vinyasa FLOW
Javier Lopez	Sherry	Amanda M	Amanda M	Sherry	Stevie or Laurie	Sherry Peckham
11:00-12:00 Vinyasa FLOW	11:00-12:00 BASIC Hatha	11:00-12:00 YIN	11:00-12:00 BASIC Hatha	11:00-12:00 Align & FLOW	11:00-12:00 BASIC Hatha	11:00-12:15 Stretch & STRENGTHEN
Stevie or Laurie	Sherry	Joanne Dagato	Amanda M	Claire Liddle	Sue Pearly	Danielle Guido
12:15-1:15 RESTORATIVE	12:30-1:30 Vinyasa FLOW	12:00-1:15 Vinyasa FLOW	12:30-1:30 Vinyasa FLOW	12:00-1:15 Vinyasa FLOW Javier Lopez	12:30- 1:30 <b>HOT Flow Yoga</b>	12:30-1:30 pm <b>Pre-Natal Yoga</b> \$15class/\$45month Joanne Dagato <b>1:30-2:15 pm</b> <b>Meditation Class</b> \$ 5 or yoga pass
Stevie or Anna	Laurie Spector	Amanda M.	Stevie or Rosemary	12:15-1:15 <b>YIN</b> Claire Liddle	Javier Lopez	
2:30-3:30 pm <b>NEW to YOGA</b> <b>(GENTLE Style)</b>	3:30-4:15 pm <b>Qi Gong</b> all levels welcome \$7 or class pass		2:30-3:30 pm GENTLE Yoga		2:30-3:45 Vinyasa FLOW	<b>2:30-3:30 pm</b> <b>COMMUNITY</b> <b>CLASS</b> <b>(GENTLE Yoga)</b>  \$7 or pass Sue or Danelle G
Stevie or Sue	Bill Tierney		Sue Pearly		Amanda M	
4:00-5:15 pm Vinyasa FLOW Nita Nichols <b>5:30-6:00 pm</b> <b>Meditation</b> \$5 or yoga pass Scott Pomicter	4:30-5:30 pm GENTLE	4:30-5:30 pm Stretch & RECHARGE	4:30-5:45 pm YIN Yoga	4:30-5:30 pm EASE-ful Yoga	4:30-5:30 pm RESTORATIVE	4:00-5:15 pm Vinyasa FLOW
	Sue Pearly	Sherry	Stevie or Anna	Joanne Dagato	Sue or Sherry	Danielle G
6:05-7:05 pm YIN yoga	6:15-7:15 pm Stretch & RECHARGE	6:15-7:30 pm Vinyasa FLOW	6:15-7:15 pm <b>NEW to YOGA</b> <b>(vinyasa flow</b> <b>style)</b>	6:15-7:15 pm <b>HOT Vinyasa</b> <b>FLOW</b>	6:15-7:15 pm <b>COMMUNITY</b> <b>(Vinyasa Flow)</b> \$7 or class pass Stevie or Rosemary	<b>FAMILY YOGA</b> <b>FRIDAY, JUNE 28</b> <b>7:15-8:15 pm</b>  <b>\$10/family. All ages.</b> <b>No prior yoga</b> <b>experience necessary.</b>
Nita Nichols	Danielle Guido	Laurie Spector	Anna or Sherry	Maura Utley		
	7:30-8:30 pm Stretch & STRENGTHEN	7:30-8:30 pm Nidra/YIN yoga for all levels	7:30-8:30 pm Slow-Flow Yoga with a Guided Meditation (all levels welcome)	7:30-8:30 pm YIN Floor Flow for all levels		<b>LATE NIGHT YOGA</b> <b>All-level Vinyasa Flow</b> <b>SATURDAY, JUNE 29</b> <b>8:30-9:30 pm</b> <b>\$7, for Everyone.</b> <b>Enjoy the fun!</b>
	Danielle Guido	Anna Guzzi	Danielle G	Maura Utley		