



YOGA in COMMON

MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YOGA at the BEACH, 6 pm, \$10 cash, for all	5:30-6:30 am Amanda Masterpaul		5:30-6:30 am Amanda Masterpaul		YOGA in the PARK 8:15-9:15 am \$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 Stevie Goggans	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 Stevie Goggans	11:00-12:00 BASIC Hatha Sherry Peckham	11:00-12:00 RESTORATIVE Joanne Dagato	11:00-12:00 BASIC Hatha BABY & MAMA 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 Stevie Goggans	12:30-1:30 Vinyasa FLOW Danielle S	12:00-1:15 Forrest Yoga Jo Ducey	12:30-1:30 YoGod Vinyasa FLOW Ashlee Landreth	12:00-1:15 ASHTANGA Javier Lopez 12:15-1:15 RESTORATIVE Claire Liddle	12:30- 1:30 Vinyasa Flow Amanda Masterpaul	12:30-1:30 Moving 2 Heal: Gentle Nia Dance Debbie Mundie
2:30-3:30 pm NEW to YOGA (GENTLE Style) Stevie Goggans	2:15-3:15 pm BOOK Group Join any week. Annie Moffatt 3:30-4:15 Qi Gong/Jimmy \$5 or yoga pass		2:30-3:30 pm GENTLE Yoga Carolyn or Sue			1:30-2:15 pm Meditation Class \$5 or yoga pass Pensri or Joe DiSabatino 2:30-3:30 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 KIDS Yoga Ashlee L	4:30-5:30 pm Stretch & RECHARGE Sherry	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 Flow Danielle Guido
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 Danielle Guido	5:45-6:45 pm POWER Vinyasa Felice Colton	5:45-6:45 pm HOT Vinyasa Rosemary or Molly	5:45-6:45 pm Yin Yoga & Chakra Balancing Nita Nichols
6:15-7:30 pm YIN yoga Layne Neville	6:15-7:15 pm Stretch & RECHARGE Danielle G	6:15-7:15 pm Vinyasa FLOW Javier Lopez	6:15-7:15 pm NEW to YOGA (Vinyasa Style) Carolyn Bassett	6:15-7:15 pm HOT Vinyasa Maura Utley	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5 Rosemary or Molly	FAMILY YOGA SAT, MAY 26, 2018 1:00-2:00 pm \$10/family. All ages. w/ Ashlee Landreth No prior yoga experience necessary.
	7:00-8:00 pm TEEN Yoga 7:30-8:30 pm Stretch & STRENGTHEN Danielle Guido	7:30-8:30 pm YIN yoga Stevie Goggans	7:30-8:30 pm Basic HATHA Danielle Guido	7:30-8:30 pm Restore/YIN Maura Utley 7:30-8:30 pm Vinyasa FLOW		LATE NIGHT Yoga SATURDAY, MAY 26 8:30-9:30 pm \$5, for Everyone. Enjoy the fun!