



YOGA in COMMON

MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:45 am Stretch & STRENGTHEN Javier Lopez	9:30-10:30 am Vinyasa FLOW Sherry	9:30-10:30 am Basic HATHA Amanda M	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 or Carolyn	11:00-12:00 BASIC Hatha Sherry	11:00-12:00 YIN Joanne Dagato	11:00-12:00 BASIC Hatha Ben Sota	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 Jo Ducey	12:00-1:15 Vinyasa FLOW Amanda M.	12:30-1:30 YoGod Vinyasa FLOW Ashlee Landreth	12:00-1:15 Vinyasa FLOW Javier Lopez 12:15-1:15 YIN Claire Liddle	12:30- 1:30 Vinyasa FLOW Javier Lopez	12:30-1:30 pm Pre-Natal Yoga \$15class/\$45month Joanne Dagato 1:30-2:15 pm Meditation Class \$ 5 or yoga pass
2:30-3:30 pm NEW to YOGA (GENTLE Style) Stevie Goggans			2:30-3:30 pm GENTLE Yoga Sue Pearly		2:30-3:45 Forrest Vinyasa FLOW Jo Ducey	2:15-3:15 pm Baby & Mama Yoga Whitney Alexander 2:30-3:30 pm COMMUNITY CLASS (GENTLE) \$7 or pass Sue Or Danielle G
4:00-5:15 pm Vinyasa FLOW Nita Nichols 5:30-6:00 pm Meditation \$5 or yoga pass Scott Pomicter	4:30-5:30 pm GENTLE Sue Pearly	4:30-5:30 pm Stretch & RECHARGE Sherry	4:30-5:45 pm YIN Yoga Stevie Goggans	4:30-5:30 pm EASE-ful Yoga Joanne Dagato	4:00-5:15 pm HOT Vinyasa Jo Ducey 4:30-5:30 pm RESTORATIVE Sue or Sherry	4:00-5:15 pm Vinyasa FLOW Danielle Guido
6:05-7:05 pm YIN yoga Nita Nichols	6:15-7:15 pm Stretch & RECHARGE Danielle Guido	6:15-7:30 pm Vinyasa FLOW Jonelle or Carolyn B	6:15-7:15 pm NEW to YOGA (Vinyasa Style) Carolyn Bassett	6:15-7:15 pm HOT Vinyasa FLOW Maura Utley	6:15-7:15 pm COMMUNITY (Vinyasa Flow) \$7 or class pass Stevie Goggans	FAMILY YOGA FRIDAY, MAY 24 7:00-8:00 pm \$10/family. All ages. No prior yoga experience necessary.
	7:30-8:30 pm Stretch & STRENGTHEN Danielle Guido	7:30-8:30 pm YIN/Nidra yoga for all levels Anna Guzzi	7:30-8:30 pm Slow Flow Yoga with a Guided Meditation Sherry or Carolyn	7:30-8:30 pm Flow/YIN for all levels Maura Utley		LATE NIGHT YOGA All-level Vinyasa Flow SATURDAY, MAY 25 8:30-9:30 pm \$7, for Everyone. Enjoy the fun!