



# YOGA in COMMON **Studio & Online Classes**

OCTOBER, 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>  Stevie Goggans	9:30-10:30 am <b>BASIC Hatha</b>  Haileigh Fickes	9:30-10:30 am <b>Vinyasa FLOW</b>  Taylyn Reine	9:30-10:30 am <b>Gentle YIN</b>  Claire Liddle	9:30-10:30 am <b>Vinyasa FLOW</b>  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 <b>Forrest FLOW</b> <b>Yoga</b>  Jo Ducey	11:00-12:00 <b>Yoga For The</b> <b>Inflexible</b>  Kathy Hirshfeld	11:00-12:00 <b>Align &amp; FLOW</b>  Claire Liddle	11:00-12:00 <b>GENTLE Yoga</b>  Sherry Peckham	11:00-12:00 Vinyasa FLOW  Sue O'Brien
12:15-1:15 <b>Movement as</b> <b>Medicine Yoga</b> 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  Janeen Anderson	12:30-1:30 pm Vinyasa FLOW  Taylyn Reine	12:30-1:30 pm <b>RESTORATIVE</b> Yoga Joanne Dagato <b>1:30-2:30</b> <b>Reiki Sessions</b> Please call for appt	1:00-2:00 pm <b>Stretch and</b> <b>STRENGTHEN</b> Haileigh Fickes <b>2:15-3:00 pm</b> <b>Meditation</b> , free Joe DiSabatino
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  Carolyn Bassett	4:30-5:30 pm GENTLE Yoga  Haileigh Fickes	4:30-5:30 pm Vinyasa FLOW  Alex Christie	3:00-4:00 pm GENTLE Yoga  Irene Adams
4:00-4:45 pm Mindfulness Meditation, free  Todd Scholl	6:00-7:00 pm Stretch and STRENGTHEN  Danielle Guido	6:00-7:00 pm YIN Yoga  Carolyn Bassett	6:00-7:00 pm Wednesday Wind-Down Gentle FLOW Stevie Goggans	6:00-7:00 pm Stretch and STRENGTHEN  Fickes or Guido	6:00-7:00 pm Community Class FLOW Yoga, pass or \$10 Alex Christie	
		7:30-8:30 pm GENTLE Yoga  Whitney D	7:30-8:30 pm Stretch and STRENGTHEN  Sue O'Brien	7:30-8:30 pm Stretch and RESTORE  Lindsay Worek	7:30-8:30 pm <b>LATE NIGHT Flow</b> w/Haileigh, \$10	7:30-8:30 pm <b>Candlelight</b> <b>Restorative Yoga</b> w/Carolyn B, \$10

**BLACK:** Studio ONLY    **RED:** Studio & 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!