



YOGA in COMMON **Studio & Online Classes**

SEPTEMBER, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30 pm Yoga Sculpt 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 Vinyasa FLOW Stevie Goggans	9:30-10:30 am BASIC Hatha Haileigh Fickes	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 BASIC Hatha 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 Movement as Medicine Yoga Maura Utley 1:30-2:30 pm GENTLE Yoga 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 RESTORATIVE Yoga Joanne Dagato 1:30-2:30 Reiki Sessions Please call for appt	1:00-2:00 pm Stretch and STRENGTHEN Haileigh Fickes 2:15-3:00 pm Meditation , free Pensri or Joe D
3:00-4:00 pm RESTORATIVE Yoga Sue Pearly	4:30-5:30 pm GENTLE Yoga 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	
Beach Yoga 8:15-9:15 am 3:00-4:30 pm SUNDAY MELTDOWN w/Lindsay & Alex SUN, SEPT 12, \$25		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 Late Night FLOW w/Haileigh Fri, SEPT 24, \$10	4:15-5:45 pm Yoga NIDRA w/ Claire Liddle Sat, SEPT 25, \$25

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!