



# YOGA in COMMON

## SEPTEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		YOGA at the Beach, 7 am, \$10 cash, all		5:30-6:30 AM Vinyasa FLOW Amanda M.		YOGA at the BEACH, 8:15 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 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 RESTORATIVE 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 Danielle S	12:00-1:15 Vinyasa FLOW Amanda M.	12:30-1:30 YoGod Vinyasa FLOW Ashlee Landreth	<b>12:00-1:15</b> Vinyasa FLOW Javier Lopez <b>12:15-1:15</b> RESTORATIVE Claire Liddle	12:30- 1:30 Vinyasa FLOW Javier Lopez <b>12:30-1:30</b> Belly Dance	12:30-1:30 'Nia 2 Heal' Dance Debbie Mundie
2:30-3:30 pm <b>NEW to YOGA (GENTLE Style)</b> Stevie Goggans	3:30-4:15 pm Qi Gong Jimmy Revell		2:30-3:30 pm GENTLE Yoga Stevie Goggans			<b>1:30-2:15 pm</b> Meditation Class \$5 or yoga pass w/ Joe DiSabatino <b>2:30-3:30 pm</b> COMMUNITY CLASS GENTLE Yoga, \$5 Sue Or Molly
4:30-5:30 pm Vinyasa FLOW Nita Nichols <b>5:35-6:00 pm</b> Meditation \$5 or yoga pass Scott Pomicter	4:30-5:30 pm GENTLE Sue Pearly <b>4:30-5:30 pm</b> KIDS Yoga Ashlee L	4:30-5:30 pm Stretch & RECHARGE Sherry	4:30-5:30 pm <b>YIN Yoga</b> Danielle Switzer	4:30-5:30 pm EASE-ful Yoga Joanne Dagato	4:30-5:30 pm RESTORATIVE Sue Pearly <b>4:30-5:30 pm</b> HOT Flow Yoga Ashlee Landreth	4:30-5:30 pm HOT Vinyasa Flow Danielle Guido
6:00-7:00 pm YIN yoga Nita Nichols	5:45-6:45 pm POWER Yoga Danielle S		5:45-7:00 pm Vinyasa FLOW Danielle Guido		5:45-6:45 pm Yoga/Pilates Fusion (GENTLE) Rosemary	<b>*Qoya Dance for Women*</b> Sept 8 & 15, only 4:00-5:15pm, Yoga pass or \$15
	6:15-7:15 pm Stretch & RECHARGE Danielle Guido	6:15-7:15 pm Forrest Yoga Vinyasa FLOW Jo Ducey	6:15-7:15 pm <b>NEW to YOGA (Vinyasa Style)</b> Carolyn Bassett	6:15-7:15 pm Vinyasa FLOW Maura Utley	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5 Jessica Durivage Or Molly	<b>FAMILY YOGA SAT, SEPT 29, 2018</b> 1:00-2:00 pm \$10/family. All ages. w/ Ashlee Landreth No prior yoga experience necessary.
	7:30-8:30 pm Stretch & STRENGTHEN Danielle Guido	7:30-8:30 pm YIN yoga Carolyn or Nita	7:15-8:15 pm Basic HATHA Danielle Guido	7:30-8:30 pm Yin/Flow for all levels Maura Utley		<b>LATE NIGHT YOGA</b> All-level Vinyasa Flow <b>SATURDAY, SEPT 29</b> 8:30-9:30 pm \$5, for Everyone.  Enjoy the fun!