



# YOGA in COMMON

## MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>YOGA at the BEACH, 6 pm, \$10 cash, for all</b>	5:30-6:30 am Amanda Masterpaul		5:30-6:30 am Amanda Masterpaul		<b>YOGA in the PARK 8:15-9:15 am \$10 cash, for all</b>
9:30-10:45 am Stretch & STRENGTHEN Javier Lopez	9:30-10:30 am Stretch & STRENGTHEN 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 <b>BABY &amp; MAMA Yoga, 11-12:15</b> 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	<b>12:00-1:15 ASHTANGA</b> Javier Lopez <b>12:15-1:15 RESTORATIVE</b> Claire Liddle	12:30- 1:30 Vinyasa Flow  Amanda Masterpaul	12:30-1:30 <b>Moving 2 Heal: Gentle Nia Dance</b>  Debbie Mundie
2:30-3:30 pm <b>NEW to YOGA (GENTLE Style)</b>  Stevie Goggans	2:15-3:15 pm <b>BOOK Group</b> Join any week. Annie Moffatt <b>3:30-4:15 Qi Gong/Jimmy</b> \$5 or yoga pass		2:30-3:30 pm GENTLE Yoga  Carolyn or Sue			<b>1:30-2:15 pm Meditation Class</b> \$5 or yoga pass Pensri or Joe DiSabatino <b>2:30-3:30 pm COMMUNITY CLASS</b> <b>GENTLE Yoga, \$5</b> Sue or Rosemary
4:30-5:30 pm Vinyasa FLOW  Nita Nichols	4:30-5:30 pm GENTLE Sue Pearly <b>4:30-5:30 pm KIDS Yoga</b> <b>Ashlee L</b>	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 <b>4:30-5:30 pm HOT Vinyasa</b> Felice Colton	4:30-5:30 pm Rinse & Repeat (Structured Yoga sequence in a heated room.)  Danielle Guido
<b>5:35-6:05 pm Meditation</b> \$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 POWER Yoga  Javier Lopez	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	<b>6:15-7:15 pm SATTVA Yoga</b> Erika Todd <b>7:15-8:30 pm Ashtanga Yoga</b> Javier Lopez	6:15-7:15 pm <b>NEW to YOGA (Vinyasa Style)</b>  Carolyn Bassett	6:15-7:15 pm HOT Vinyasa Maura Utley  <b>7:15-8:15 pm FLOW/w Jill</b>	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5  Rosemary or Molly	<b>FAMILY YOGA SAT, MAY 26, 2018 1:00-2:00 pm \$10/family. All ages. w/ Ashlee Landreth No prior yoga experience necessary.</b>
	<b>7:00-8:00 pm TEEN Yoga</b> 7:30-8:30 pm <b>Stretch &amp; STRENGTHEN</b> Danielle Guido	7:30-8:30 pm YIN yoga  Stevie Goggans	7:15-8:30 pm Mindful Movement Yoga (Gentle flow class ending with a guided meditation.) Danielle Guido	7:30-8:30 pm Restore/YIN  Maura Utley		<b>LATE NIGHT Yoga SATURDAY, MAY 26 8:30-9:30 pm \$5, for Everyone.</b>  <b>Enjoy the fun!</b>