

Class Schedule - December 2018



Monday

- 8-9 am Chakra Balancing Yoga w/Jackie (this class ends 12-10)
- 8-9 am Functional Flow Yoga w/Sara Close (this class begins 12-17)
- 9:30-10:30 am Yoga Basics Plus w/Jackie
- 11-12 Aligned and Well Therapeutic Yoga w/Jackie (Beginner level and injury rehab)
- 3-4:15 pm NIA w/Kathi (donation class)
- 5:15-6:30 pm Restorative and Yoga Nidra w/Jackie (100% donation class)

TUESDAY: (NO CLASSES 12-25 or 1-1)

- 8-9 am Ball Blast w/Sefi
- 9:15-10:15 am Matworks Pilates w/Sefi
- 10:30-11:30 am Tai Chi w/Hans (100% donation class)
- 3:30-4:45 pm Meditation and Dhamma Talk w/Debora (donation) (12-11 and 12-18 only)

WEDNESDAY:

- 8-9 am Barre w/Emily (**no class on 12-26**)
- 9:30-10:30 am Vinyasa Flow Yoga w/Megan
- 11-12 Gentle Yoga 55+ w/Janet (donation class) (begins 12-19)
- 3-4:15 pm NIA w/Kathi (donation class)
- 5:15-6:30 pm Soul Flow Yoga w/Sara Close (begins 12-19)

THURSDAY:

- 8-9 am Kundalini Yoga w/Rene (donation class)
- 9:30-10:30 am Yoga Basics Plus w/Jackie
- 11-12 Aligned and Well Therapeutic Yoga w/Jackie (Beginner level and injury rehab)
- 3-4:30 pm Singing for Fun w/Jeanette (donation class)
- 5:15-6:30 pm Come as You Are, Leave Feeling Better! Gentle Hatha Yoga w/Sue (donation)

FRIDAY:

- 8-9am Ball Blast w/Sefi
- 9:15-10:15am Matworks Pilates w/Sefi
- 11-12 Gentle Yoga 55+ w/Janet (donation class) (begins 12-21)
- 3-4 pm Vinyasa Yoga w/Sarah Van Der Stad
- 5:15-6:30 pm Winter Solstice Meditation and Restorative Yoga w/Megan (12-21 only)

SATURDAY:

- 8-9 am Movement, Mantra and Meditation w/Jackie (Free class)
- 9:30-10:30 am Yin/Yang Yoga w/Megan

SUNDAY:

- 9-10:15 am Kundalini Yoga w/Rene (donation class)