

Fall 2021 Schedule

- Sun. 9:00 a.m. Any Body Yoga with Cindy*
- Mon. 9:30 a.m. Hatha Flow with Lauren
4:30 p.m. Beginner Yoga with Cindy
6:00 p.m. Chakra Yoga with Jen*
- Tues. 12:30 p.m. Gentle Yoga with Jamie
4:30 p.m. Gentle Yoga with Sherrie
6:00 p.m. Yoga for Stress Relief with Sherrie*
- Wed. 9:30 a.m. Hatha Flow with Lauren
11:00 a.m. Chair Yoga Online with Cindy*
4:30 p.m. Hatha Flow with Simona
4:30p.m. Hatha Flow Online with Simona**
- Thurs. 9:00 a.m. Somatic Yoga with Astra
4:30 p.m. Vinyasa Flow with Allison
6:00 p.m. Gentle Yoga with Jamie*
- Fri. 9:30 a.m. Hatha Flow with Lauren
4:00 p.m. Community Class Online*
5:30 p.m. Restorative Yoga with Cindy*
- Sat. 8:30 a.m. Vinyasa Flow with Allison
10:00 a.m. Hatha Yoga with Sherrie
10:00 a.m. Hatha Yoga Online with Sherrie**



**Class available on Zoom first Friday of the month*