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**May 2023 “Classes & Events” Schedule**

| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
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|  | 1  9-10:15 am.  **All Levels Vinyasa Flow**  Elisabeth Schenenga  **Crowne Studio (upstairs)**  11-12 pm.  **Gentle Strength Yoga**  Armanda Delbonis  **Underground Studio (downstairs)**  6-7 pm.  **Piece of Peace**  Sara Doherty  **Crowne Studio (upstairs)** | 2  9-10:30 am.  **Tai Chi & Qigong (Private Session)**  Joseph D’Arezzo  **Crowne Studio (upstairs)** | 3  9:30-10:30 am.  **Go with the Flow Yoga**  Tom McGunigal  **Crowne Studio**  10:30-11:45 am.  **Tai Chi & Qigong Est. Practice**  Joseph D’Arezzo  **Crowne Studio**  5:30-6:40 pm.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  7-8 pm.  **Vinyasa Flow**  Kathy Lewis  **Crowne Studio** | 4  9:30-10:45 am.  **(Private)**  **Hatha Yoga for Pain & Fascial Release**  Laurie Sands  **Crowne Studio**  11-12 pm.  **Gentle Strength Yoga**  Armanda Delbonis  **Crowne Studio** | 5  9:30-10:45 am.  **All Levels Vinyasa Flow**  Elisabeth Schenenga  **Crowne Studio (upstairs)**  6:30-8 pm.  **Vinyasa Flow & Yoga Nidra**  Aeriel Arthur  **Crowne Studio** | 6  8:30-9:45 am.  **YOUR**  **Vinyasa Flow**  Julie Casey  **Crowne Studio (upstairs)**  9-10 am.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  10-11 am.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  10:30- 11:45 am.  **Yoga Basics**  Elisabeth Schenenga  **Crowne Studio (upstairs)** |
| 7  9-10:30 am.  **Yoga Church**  Aeriel Arthur  **Crowne Studio (upstairs)** | 8  9-10:15 am.  **All Levels Vinyasa Flow**  Elisabeth Schenenga  **Crowne Studio (upstairs)**  11-12 pm.  **Gentle Strength Yoga**  Armanda Delbonis  **Underground Studio (downstairs)**  6-7 pm.  **Piece of Peace**  Sara Doherty  **Crowne Studio (upstairs)** | 9  9-10:30 am.  **Tai Chi & Qigong (Private Session)**  Joseph D’Arezzo  **Crowne Studio (upstairs)** | 10  9:30-10:30 am.  **Go with the Flow Yoga**  Tom McGunigal  **Crowne Studio**  10:30-11:45 am.  **Tai Chi & Qigong Est. Practice**  Joseph D’Arezzo  **Crowne Studio**  5:30-6:40 pm.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  7-8 pm.  **Vinyasa Flow**  Kathy Lewis  **Crowne Studio** | 11  9:30-10:45 am.  **Hatha Yoga for Pain & Fascial Release**  Laurie Sands  **Crowne Studio (upstairs)**  11-12 pm.  **Gentle Strength Yoga**  Armanda Delbonis  **Crowne Studio (upstairs)** | 12  9:30-10:45 am.  **All Levels Vinyasa Flow**  Elisabeth Schenenga  **Crowne Studio (upstairs)**  6:30-8 pm.  **Vinyasa Flow & Yoga Nidra**  Aeriel Arthur  **Crowne Studio** | 13  8:30-9:45 am.  **YOUR**  **Vinyasa Flow**  Julie Casey  **Crowne Studio**  9-10 am.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  10-11 am.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  10:30- 11:45 am.  **Yoga Basics**  Elisabeth Schenenga  **Crowne Studio** |
| 14  9-10:30 am.  **Yoga Church**  Aeriel Arthur  **Crowne Studio (upstairs)** | 15  9-10:15 am.  **All Levels Vinyasa Flow**  Elisabeth Schenenga  **Crowne Studio (upstairs)**  11-12 pm.  **Gentle Strength Yoga**  Armanda Delbonis  Underground Studio (downstairs)  6-7 pm.  **Piece of Peace**  Sara Doherty  **Crowne Studio (upstairs)** | 16  9-10:30 am.  **Tai Chi & Qigong (Private Session)**  Joseph D’Arezzo  **Crowne Studio (upstairs)**  6:30-8 pm.  **Yin Yoga**  Kim Bernardo  **Crowne Studio (upstairs)** | 17  9:30-10:30 am.  **Go with the Flow Yoga**  Tom McGunigal  **Crowne Studio**  10:30-11:45 am.  **Tai Chi & Qigong Est. Practice**  Joseph D’Arezzo  **Crowne Studio**  5:30-6:40 pm.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  5:30-6:40 pm.  **(Private) Meditation Event**  Grace Dulude  **Crowne Studio**  7-8 pm.  **Vinyasa Flow**  Kathy Lewis  **Crowne Studio** | 18  9:30-10:45 am.  **Hatha Yoga for Pain & Fascial Release**  Laurie Sands  **Crowne Studio (upstairs)**  11-12 pm.  **Gentle Strength Yoga**  Armanda Delbonis  **Crowne Studio (upstairs)**  6-7:30 pm.  **Energy Healing Circle**  Allison Holaday  **Crowne Studio** | 19  9:30-10:45 am.  **All Levels Vinyasa Flow**  Elisabeth Schenenga  **Crowne Studio (upstairs)**  6:30-8 pm.  **Vinyasa Flow & Yoga Nidra**  Aeriel Arthur  **Crowne Studio** | 20  8:30-9:45 am.  **YOUR**  **Vinyasa Flow**  Julie Casey  **Crowne Studio**  9-10 am.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  10-11 am.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  10:30- 11:45 am.  **Yoga Basics**  Elisabeth Schenenga  **Crowne Studio**  2-4pm.  **Meridian Yoga Workshop Series**  Linnea Lovinsky  **Crowne Studio** |
| 21  9-10:30 am.  **Yoga Church**  Aeriel Arthur  **Crowne Studio (upstairs)** | 22  9-10:15 am.  **All Levels Vinyasa Flow**  Elisabeth Schenenga  **Crowne Studio (upstairs)**  11-12 pm.  **Gentle Strength Yoga**  Armanda Delbonis  **Underground Studio (downstairs)**  6-7 pm.  **Piece of Peace**  Sara Doherty  **Crowne Studio (upstairs)** | 23  9-10:30 am.  **Tai Chi & Qigong (Private Session)**  Joseph D’Arezzo  **Crowne Studio (upstairs)** | 24  9:30-10:30 am.  **Go with the Flow Yoga**  Tom McGunigal  **Crowne Studio**  10:30-11:45 am.  **Tai Chi & Qigong Est. Practice**  Joseph D’Arezzo  **Crowne Studio**  5:30-6:40 pm.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio (downstairs)**  7-8 pm.  **Vinyasa Flow**  Kathy Lewis  **Crowne Studio (upstairs)** | 25  9:30-10:45 am.  **Hatha Yoga for Pain & Fascial Release**  Laurie Sands  **Crowne Studio (upstairs)**  11-12 pm.  **Gentle Strength Yoga**  Armanda Delbonis  **Crowne Studio (upstairs)** | 26  9:30-10:45 am.  **All Levels Vinyasa Flow**  Elisabeth Schenenga  **Crowne Studio (upstairs)**  6:30-8 pm.  **Vinyasa Flow & Yoga Nidra**  Aeriel Arthur  **Crowne Studio** | 27  8:30-9:45 am.  **YOUR**  **Vinyasa Flow**  Julie Casey  **Crowne Studio**  9-10 am.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  10-11 am.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio**  10:30- 11:45 am.  **Yoga Basics**  Elisabeth Schenenga  **Crowne Studio**  7-8:30p  **Drum Circle**  Wesley Forsythe  **Crowne Studio** |
| 28  9-10:30 am.  **Yoga Church**  Aeriel Arthur  **Crowne Studio (upstairs)** | 29  9-10:15 am.  **All Levels Vinyasa Flow**  Elisabeth Schenenga  **Crowne Studio (upstairs)**  11-12 pm.  **Gentle Strength Yoga**  Armanda Delbonis  **Underground Studio (downstairs)**  6-7 pm.  **Piece of Peace**  Sara Doherty  **Crowne Studio (upstairs)** | 30  9-10:30 am.  **Tai Chi & Qigong (Private Session)**  Joseph D’Arezzo  **Crowne Studio (upstairs)** | 31  9:30-10:30 am.  **Go with the Flow Yoga**  Tom McGunigal  **Crowne Studio (upstairs)**  10:30-11:45 am.  **Tai Chi & Qigong Est. Practice**  Joseph D’Arezzo  **Crowne Studio (upstairs)**  5:30-6:40 pm.  **Mini Movers w/ Shining Star Kids Yoga**  Marise & Ava DeCoste  **Underground Studio (downstairs)**  7-8 pm.  **Vinyasa Flow**  Kathy Lewis  **Crowne Studio (upstairs)** | ***June 1st***  ***9:30-10:45 am.***  ***Hatha Yoga for Pain & Fascial Release***  ***Laurie Sands***  ***Crowne Studio (upstairs)***  ***11-12 pm.***  ***Gentle Strength Yoga***  ***Armanda Delbonis***  ***Crowne Studio (upstairs)***  ***6-7:30 pm.***  ***Energy Healing Circle***  ***Allison Holaday***  ***Crowne Studio*** | ***June 2nd***  ***9:30-10:45 am.***  ***All Levels Vinyasa Flow***  ***Elisabeth Schenenga***  ***Crowne Studio (upstairs)***  ***6:30-8 pm.***  ***Vinyasa Flow & Yoga Nidra***  ***Aeriel Arthur***  ***Crowne Studio*** | ***June 3rd***  ***8:30-9:45 am.***  ***YOUR***  ***Vinyasa Flow***  ***Julie Casey***  ***Crowne Studio***  ***9-10 am.***  ***Mini Movers w/ Shining Star Kids Yoga***  ***Marise & Ava DeCoste***  ***Underground Studio***  ***10-11 am.***  ***Mini Movers w/ Shining Star Kids Yoga***  ***Marise & Ava DeCoste***  ***Underground Studio***  ***10:30- 11:45 am.***  ***Yoga Basics***  ***Elisabeth Schenenga***  ***Crowne Studio*** |
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