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

| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**   |
| --- | --- | --- | --- | --- | --- | --- |
|  | 19-10:15 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)** | 29-10:30 am.**Tai Chi & Qigong (Private Session)**Joseph D’Arezzo**Crowne Studio (upstairs)** | 39:30-10:30 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** | 49:30-10:45 am.**(Private)** **Hatha Yoga for Pain & Fascial Release**Laurie Sands**Crowne Studio**11-12 pm.**Gentle Strength Yoga**Armanda Delbonis**Crowne Studio** | 59:30-10:45 am.**All Levels Vinyasa Flow**Elisabeth Schenenga**Crowne Studio (upstairs)**6:30-8 pm.**Vinyasa Flow & Yoga Nidra**Aeriel Arthur**Crowne Studio**  | 68:30-9:45 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)** |
| 79-10:30 am.**Yoga Church**Aeriel Arthur**Crowne Studio (upstairs)** | 89-10:15 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)** | 99-10:30 am.**Tai Chi & Qigong (Private Session)**Joseph D’Arezzo**Crowne Studio (upstairs)** | 109:30-10:30 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** | 119:30-10:45 am.**Hatha Yoga for Pain & Fascial Release**Laurie Sands**Crowne Studio (upstairs)**11-12 pm.**Gentle Strength Yoga**Armanda Delbonis**Crowne Studio (upstairs)** | 129:30-10:45 am.**All Levels Vinyasa Flow**Elisabeth Schenenga**Crowne Studio (upstairs)**6:30-8 pm.**Vinyasa Flow & Yoga Nidra**Aeriel Arthur**Crowne Studio**  | 138:30-9:45 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**  |
| 149-10:30 am.**Yoga Church**Aeriel Arthur**Crowne Studio (upstairs)** | 159-10:15 am.**All Levels Vinyasa Flow**Elisabeth Schenenga**Crowne Studio (upstairs)**11-12 pm.**Gentle Strength Yoga**Armanda DelbonisUnderground Studio (downstairs)6-7 pm.**Piece of Peace**Sara Doherty**Crowne Studio (upstairs)** | 169-10:30 am.**Tai Chi & Qigong (Private Session)**Joseph D’Arezzo**Crowne Studio (upstairs)**6:30-8 pm.**Yin Yoga**Kim Bernardo**Crowne Studio (upstairs)** | 179:30-10:30 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**  | 189:30-10:45 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**  | 199:30-10:45 am.**All Levels Vinyasa Flow**Elisabeth Schenenga**Crowne Studio (upstairs)**6:30-8 pm.**Vinyasa Flow & Yoga Nidra**Aeriel Arthur**Crowne Studio**  | 208:30-9:45 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**  |
| 219-10:30 am.**Yoga Church**Aeriel Arthur**Crowne Studio (upstairs)** | 229-10:15 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)** | 239-10:30 am.**Tai Chi & Qigong (Private Session)**Joseph D’Arezzo**Crowne Studio (upstairs)** | 249:30-10:30 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)** | 259:30-10:45 am.**Hatha Yoga for Pain & Fascial Release**Laurie Sands**Crowne Studio (upstairs)**11-12 pm.**Gentle Strength Yoga**Armanda Delbonis**Crowne Studio (upstairs)** | 269:30-10:45 am.**All Levels Vinyasa Flow**Elisabeth Schenenga**Crowne Studio (upstairs)**6:30-8 pm.**Vinyasa Flow & Yoga Nidra**Aeriel Arthur**Crowne Studio**  | 278:30-9:45 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** |
| 289-10:30 am.**Yoga Church**Aeriel Arthur**Crowne Studio (upstairs)** | 299-10:15 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)** | 309-10:30 am.**Tai Chi & Qigong (Private Session)**Joseph D’Arezzo**Crowne Studio (upstairs)** | 319:30-10:30 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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