



MAY '23

Weekly Movement Classes: Crowne Studio (Upstairs)

- ❖ **All Levels Vinyasa Flow**
Led by: Elisabeth Schenenga
 - Mondays (9-10:15a)
 - Fridays (9:30-10:45a)
 - \$12
- ❖ **Gentle Strength Yoga**
Led by: Armanda Delbonis
 - Mondays (11a-12p)
 - Thursdays (11a-12p)
 - \$14
- ❖ **Piece of Peace**
Led by: Sara Doherty
 - Mondays (6-7p)
 - Donation Based
- ❖ ***Private* Tai Chi & Qigong**
Led by: Joseph D'Arezzo
 - Tuesdays (9-10:30a)
 - \$40
- ❖ **Go with the Flow Yoga**
Led by: Tom McGunigal
 - Wednesdays (9:30-10:30a)
 - \$10
- ❖ **Tai Chi & Qigong Est. Practice**
Led by: Joseph D'Arezzo
 - Wednesdays (10:30-11:45a)
 - \$15
- ❖ **Vinyasa Flow**
Led by: Kathy Lewis
 - Wednesdays (7-8p)
 - \$12
- ❖ **Hatha Yoga for Pain & Fascial Release**
Led by: Laurie Sands
 - Thursdays (9:30-10:45a)
 - \$14
- ❖ **Vinyasa Flow & Yoga Nidra**
Led by: Aerial Arthur
 - Fridays (6:30-8p)
 - \$12
- ❖ **YOUR Vinyasa Flow**
Led by: Julie Casey
 - Saturdays (8:30a-9:45a)
 - \$12
- ❖ **Yoga Basics**
Led by: Elisabeth Schenenga
 - Saturdays (10:30-11:45a)
 - \$12
- ❖ **Yoga Church**
Led by: Aerial Arthur
 - Sundays (9-10:30a)
 - \$12

Kids Classes:

Underground Studio (Downstairs)

- ❖ **Mini Movers**
w/ Shining Star Yoga (Kids)
Led by: Marise & Ava DeCoste
 - Wednesdays (5:30-6:40p)
 - Saturdays (9-10a)
 - Saturdays (10-11a)
 - \$12