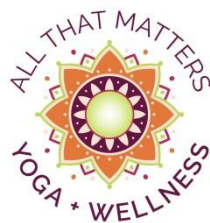


# YOGA SCHEDULE | FALL 2025



[allthatmatterswellness.org/yoga](http://allthatmatterswellness.org/yoga)

## Day/Time

## Class Type

## Instructor

### MONDAY

8:30 AM – 9:45 AM  
9:00 AM – 10:15 AM  
9:30 AM – 10:30 AM  
11:00 AM – 12:00 PM  
11:00 AM – 12:00 PM  
4:30 PM – 5:30 PM  
6:00 PM – 7:00 PM

Somatic Flow  
Pulse + Flow  
All Levels  
Basic  
Stretch + Breathe  
All Levels  
Slow Flow

Kerry Puniello  
Sheri Silva  
Amy Hagan  
Susan DeSantis  
Irene Pica  
Mel Fox Olsen  
Janne Haugen

### TUESDAY

6:30 AM – 7:30 AM  
9:00 AM – 10:15 AM  
9:15 AM – 10:30 AM  
9:30 AM – 10:30 AM  
11:00 AM – 12:00 PM  
11:00 AM – 12:15 PM  
1:00 PM – 2:15 PM  
4:30 PM – 5:30 PM  
6:00 PM – 7:00 PM  
6:30 PM – 8:00 PM

Awakening Sunrise Flow  
Gently Heated Vinyasa  
All Levels  
Slow Flow  
Yin  
Yoga for 50+  
Yoga 4 Cancer **[FREE CLASS]**  
Strengthen + Lengthen  
Slow Flow  
Restorative

Kristina DiSanto  
Usha Bilotta  
Tara Beaulieu  
Kendall Sheldon  
Laura Mecham  
Kendall Sheldon  
Amanda O'Connor  
Dee Carlino  
Michele Maker  
Morgan Huling

### WEDNESDAY

8:00 AM – 9:15 AM  
9:00 AM – 10:00 AM  
9:00 AM – 10:15 AM  
10:00 AM – 11:45 AM  
11:00 AM – 12:00 PM  
12:30 PM – 1:30 PM  
2:15 PM – 3:15 PM  
4:30 PM – 5:30 PM  
6:00 PM – 7:00 PM

Gently Heated Somatic Flow  
All Levels  
Vinyasa  
Basic Yoga + Meditation  
Stretch + Breathe  
**Donation Based** Community Yoga  
Qigong  
Stretch + Breathe  
Heated Vinyasa

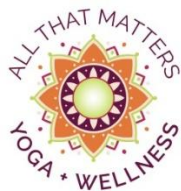
Kerry Puniello  
Mel Gorman Wegimont  
Cathy Cesario  
Elsie Castro-Swonger  
Mel Gorman Wegimont  
[Various Instructors]  
Mark Butler  
Susan DeSantis  
Krissy Plunkett

### THURSDAY

6:30 AM – 7:30 AM  
9:00 AM – 10:00 AM  
9:00 AM – 10:15 AM  
9:00 AM – 10:15 AM  
9:30 AM – 10:45 AM  
11:00 AM – 12:15 PM  
11:00 AM – 12:45 PM  
4:30 PM – 5:30 PM  
6:30 PM – 7:45 PM  
6:30 PM – 7:45 PM

Awakening Sunrise Flow  
Yin + Yang Yoga  
Stretch + Breathe  
Gently Heated Slow Flow  
Vinyasa  
Yoga for 50+  
Basic Yoga + Meditation  
Core Flow  
Restorative  
Restorative + Sound Healing  
(1x/month- please check schedule)

Kristina DiSanto  
Laura Mecham  
Marjory Stevens  
Sheri Silva  
Amy Hagan  
Amy Hagan  
Elsie Castro-Swonger  
Janne Haugen  
[Various Instructors]  
[Various Instructors]



| Day/Time            | Class Type                     | Instructor            |
|---------------------|--------------------------------|-----------------------|
| <b>FRIDAY</b>       |                                |                       |
| 8:30 AM – 9:30 AM   | Heated Immersion               | Shannon Walker        |
| 9:00 AM – 10:00 AM  | All Levels                     | Amy Hagan             |
| 9:30 AM – 10:45 AM  | Vinyasa                        | Mel Gorman Wegimont   |
| 11:00 AM – 12:00 PM | Stretch + Breathe              | Irene Pica            |
| 11:00 AM – 12:00 PM | Yoga w/ Weights                | Marjory Stevens       |
| 12:30 PM – 1:30 PM  | Chair Yoga <b>[FREE CLASS]</b> | [Various Instructors] |
| 4:30 PM – 5:30 PM   | Friday Flow                    | Sheri Silva           |
| <b>SATURDAY</b>     |                                |                       |
| 8:30 AM – 9:30 AM   | Vinyasa                        | Dr. David Dwyer       |
| 9:30 AM – 10:30 AM  | All Levels                     | Rachel Marinelli      |
| 10:00 AM – 11:00AM  | Core Flow                      | Jodie Vilardi         |
| 11:00 AM – 12:00 PM | Stretch + Breathe              | Candy Phelan          |
| <b>SUNDAY</b>       |                                |                       |
| 8:15 AM – 9:30 AM   | All Levels                     | Tara Beaulieu         |
| 9:30 AM – 10:45 AM  | Yoga w/Weights                 | Marjory Stevens       |
| 10:00 AM – 11:15 AM | Soul Sunday                    | Cathy Cesario         |
| 4:30 PM – 5:30 PM   | Gently Heated Slow Flow        | Jen Gentile           |
| 6:00 PM – 7:30 PM   | Restorative                    | Rebecca Briggs        |

**Check our website for Pop Up Classes, Sound Healing Sessions,  
Trainings + Special Programs**

**YOGA SCHEDULE IS SUBJECT TO CHANGE  
PLEASE CHECK OUR WEBSITE FOR THE MOST UP TO DATE SCHEDULE  
[ALLTHATMATTERSWELLNESS.ORG/YOGA](https://allthatmatterswellness.org/yoga)**

**REACH OUT:**

**CALL 401.409.2121 | EMAIL: [INFO@ALLTHATMATTERSWELLNESS.ORG](mailto:INFO@ALLTHATMATTERSWELLNESS.ORG)**