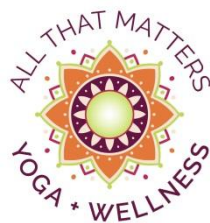


YOGA SCHEDULE | FALL 2025



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

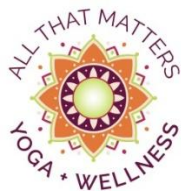
Kerry Puniello
Mel Gorman Wegimont
Cathy Cesario
Elsie Castro-Swonger
Mel Gorman Wegimont
[Various Instructors]
Mark Butler
Susan DeSantis
Krissy Plunkett

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
5:30 PM – 6:30 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
Donation Based Community Yoga
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]
[Various Instructors]



Day/Time	Class Type	Instructor
FRIDAY		
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 [FREE CLASS]	[Various Instructors]
4:30 PM – 5:30 PM	Friday Flow	Sheri Silva
5:00 PM – 6:00 PM	Gently Heated Quiet Flow	Usha Bilotta
SATURDAY		
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
SUNDAY		
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