

YOGA SCHEDULE | SPRING



allthatmatterswellness.org/yoga

Day/Time

Class Type

Instructor

MONDAY

6:30 AM – 7:30 AM	Awakening Sunrise Flow	Anna-Lisa Meyer
8:30 AM – 9:30 AM	Vinyasa	Kerry Puniello
9:00 AM – 10:15 AM	Pulse + Flow	Sheri Silva
9:30 AM – 10:30 AM	All Levels	Amy Hagan
11:00 AM – 12:00 PM	Basic	Susan DeSantis
11:00 AM – 12:00 PM	LIVE STREAM/Basic	Susan DeSantis
11:00 AM – 12:00 PM	Stretch + Breathe	Irene Pica
4:30 PM – 5:30 PM	All Levels	Katrina Momenee
6:00 PM – 7:15 PM	Slow Flow	Krissy Plunkett

TUESDAY

6:30 AM – 7:30 AM	Awakening Sunrise Flow	Anna-Lisa Meyer
9:00 AM – 10:00 AM	Heated Vinyasa Flow	Usha Bilotta
9:15 AM – 10:30 AM	All Levels	Tara Beaulieu
9:30 AM – 10:30 AM	Slow Flow	Kendall Sheldon
11:00 AM – 12:00 PM	Yin	Laura Mecham
11:00 AM – 12:15 PM	Yoga for 50+	Kendall Sheldon
11:00 AM – 12:15 PM	LIVE STREAM/Yoga for 50+	Kendall Sheldon
1:00 PM – 2:15 PM	Yoga 4 Cancer [FREE CLASS]	Amanda O'Connor
4:30 PM – 5:30 PM	Core Flow	Anna-Lisa Meyer
6:00 PM – 7:00 PM	Slow Flow	Michele Maker
6:30 PM – 8:00 PM	Restorative	Morgan Huling

WEDNESDAY

6:30 AM – 7:30 AM	LIVE STREAM: Gentle Morning Yoga	Malika Rajan
8:00 AM – 9:00 AM	Gently Heated Vinyasa	Kerry Puniello
9:00 AM – 10:00 AM	All Levels	Mel Gorman Wegimont
9:30 AM – 10:45 AM	Immersion	Cathy Cesario
10:00 AM – 11:00 AM	Basic	Elsie Castro-Swonger
11:00 AM – 12:00 PM	Stretch + Breathe	Mel Gorman Wegimont
11:00 AM – 12:00 PM	LIVE STREAM: Stretch + Breathe	Mel Gorman Wegimont
12:30 PM – 1:30 PM	Donation Based Community Yoga	[Various Instructors]
2:15 PM – 3:45 PM	All Levels Tai Chi	Mark Butler
4:30 PM – 5:30 PM	Stretch + Breathe	Susan DeSantis
6:00 PM – 7:00 PM	Heated Vinyasa Flow	Krissy Plunkett
6:30 PM – 7:30 PM	Slow Flow	Jen Gentile

THURSDAY

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

Awakening Sunrise Flow
Stretch + Breathe
Gently Heated Slow Flow
Vinyasa
LIVE STREAM: Vinyasa
Yoga for 50+
LIVE STREAM: Yoga for 50+
Basic
Core Flow
Strengthen & Lengthen
Restorative
Yoga Nidra: Relax + Restore
LIVE STREAM

Anna-Lisa Meyer
Marjory Stevens
Sheri Silva
Amy Hagan
Amy Hagan
Amy Hagan
Amy Hagan
Elsie Castro-Swonger
Dee Carlino
Marjory Stevens
[Various Instructors]
Malika Rajan

FRIDAY

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

Heated Immersion
All Levels
Vinyasa
Stretch + Breathe
Yoga w/ Weights
LIVE STREAM: Yoga w/Weights
Chair Yoga [**FREE CLASS**]
Friday Flow
Heated Quiet Flow

Shannon Walker
Amy Hagan
Mel Gorman Wegimont
Irene Pica
Marjory Stevens
Marjory Stevens
[Various Instructors]
Sheri Silva
Usha Bilotta

SATURDAY

8:30 AM – 9:30 AM
9:30 AM – 10:30 AM
9:30 AM – 10:30 AM
11:00 AM – 12:00 PM
11:00 AM – 12:00 PM

Vinyasa
All Levels
LIVE STREAM/All Levels
Stretch + Breathe
LIVE STREAM: Stretch + Breathe

Dr. David Dwyer
Rachel Marinelli
Rachel Marinelli
Candy Phelan
Candy Phelan

SUNDAY

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

All Levels
Yoga w/Weights
Vinyasa
Slow Flow
Restorative
LIVE STREAM: Bedtime Restorative

Tara Beaulieu
Marjory Stevens
Cathy Cesario
Jen Gentile
Rebeca Briggs
Morgan Huling

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