

YOGA SCHEDULE | WINTER



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
6:30 PM – 7:30 PM	Heated Vinyasa	Tara Beaulieu
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]
12:30 PM – 1:30 PM	Qigong	Mark Butler
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	Awakening Sunrise Flow	Anna-Lisa Meyer
9:00 AM – 10:15 AM	Stretch + Breathe	Marjory Stevens
9:00 AM – 10:15 AM	Gently Heated Slow Flow	Sheri Silva
9:30 AM – 10:45 AM	Vinyasa	Amy Hagan
9:30 AM – 10:45 AM	LIVE STREAM: Vinyasa	Amy Hagan
11:00 AM – 12:15 PM	Yoga for 50+	Amy Hagan
11:00 AM – 12:15 PM	LIVE STREAM: Yoga for 50+	Amy Hagan
11:00 AM – 12:15 PM	Basic	Elsie Castro-Swonger
4:30 PM – 5:30 PM	Core Flow	Mel Fox Olsen
5:30 PM – 6:30 PM	Strengthen & Lengthen	Marjory Stevens
7:00 PM – 8:15 PM	Restorative	[Various Instructors]

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
11:00 AM – 12:00 PM	LIVE STREAM: 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	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
9:30 AM – 10:30 AM	LIVE STREAM/All Levels	Rachel Marinelli
11:00 AM – 12:15 PM	Heated Hatha Expansion	Brian Guadagno
11:00 AM – 12:00 PM	Stretch + Breathe	Candy Phelan
11:00 AM – 12:00 PM	LIVE STREAM: 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	Vinyasa	Cathy Cesario
4:30 PM – 5:45 PM	Slow Flow	Jen Gentile
6:00 PM – 7:15 PM	Restorative	Rebeca Briggs
7:00 PM – 8:00 PM	LIVE STREAM: Bedtime Restorative	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