

NEW CLASSES start July 1st!

Mon/Wed/Fri	9:00-10:25 am	Level 1-2 Integral Yoga	Dana Karpain
Mon/Fri	12:15-1:45 pm	Pre & Post Natal, \$12	Ana Cannon
Monday	8:00-9:25 pm	Restorative/Gentle Yoga	Maggie Lang
Tues/Thur	7:00-8:15 am	Sunrise Yoga & Meditation, \$12 (Starts July 20)	Deborah Donohue
Tues/Thur	12:15-1:45 pm	Yin Yoga & Meditation, \$12 (Starts July 13)	Paul Wehrman
Tuesday	12:15-1:20 pm	Level 2-Eclectic Flow, \$12 (Starts July 20)	Romi Cumes
Tues/Thur	3:00-4:30 pm	Level 1-2 Beginner's Flow, \$12	Kara Rosenthal
Tues/Thur	5:00-6:25 pm	Level 2-3 Vinyasa Flow	Niav Connor
Tuesday	6:30-7:30 pm	Gyrokinesis 60 min. format, \$12	Jill Denison
Thursday	3:45-4:45 pm	Mama, Papa & Me, \$12	Emma Rollin Moore
Friday	5:30-6:45 pm	Relax & Rejuvenate	Mary Cate Hauenstein
Saturday	10:30 am-12:00 pm	All Levels	Richard Dunlap
Saturday	5:00-6:30 pm	Yin & Restorative Yoga	Megan DeAinza