



## Class Schedule

Effective 1/1/2012

Monday	Classes	Teacher	
8:00 - 9:00 AM	<u>Yoga Stretch</u>	<u>Stacey Parker Schuerman</u>	Studio A
9:10 - 10:25 AM	<u>Vinyasa Flow</u>	<u>Jennifer L aratonda</u>	Studio A
12:00 - 1:00 PM	<u>Classic Mat Pilates</u>	<u>Stephanie Haden</u>	Studio A
5:30 - 6:30 PM	<u>All Levels Flow</u>	<u>Malaurie Barber</u>	Studio A
6:30 - 7:30 PM	<u>Classic Mat Pilates</u>	<u>Kinga Night</u>	Studio A
7:30 - 8:45 PM	<u>Yoga Fundamentals**</u>	<u>Bill Russell</u>	Studio A (New Class! Starts 1/9/12)
7:30 - 8:30 PM	<u>Cooking w/ Erin (alternate weeks)</u>	<u>Erin Macdonald</u>	Studio B (New Class! Starts 1/16/12)
Tuesday	Classes	Teacher	
8:00 - 9:00 AM	<u>Yoga Stretch</u>	<u>Stacey Parker Schuerman</u>	Studio A
9:10 - 10:25 AM	<u>Vinyasa Flow</u>	<u>Malaurie Barber</u>	Studio A
5:30 - 6:45 PM	<u>Vinyasa Flow</u>	<u>Stacey Parker Schuerman</u>	Studio A
7:00 - 8:15 PM	<u>Gentle Flow with Meditation</u>	<u>Bill Russell</u>	Studio A
7:00 - 9:00 PM	<u>Book Study w/ Petra</u>	<u>Petra Sovella</u>	Studio B
Wednesday	Classes	Teacher	
9:10 - 10:25 AM	<u>Vinyasa Flow</u>	<u>Amy Harper</u>	Studio A
10:30 - 11:45 AM	<u>Gentle &amp; Restorative Yoga</u>	<u>Amy Harper</u>	Studio A
12:00 - 1:00 PM	<u>Classic Mat Pilates</u>	<u>Stephanie Haden</u>	Studio A
5:30 - 6:30 PM	<u>Vinyasa Flow (2)</u>	<u>Simon Goss</u>	Studio A
6:30 - 7:30 PM	<u>Classic Mat Pilates</u>	<u>Mary Russell</u>	Studio A
7:30 - 8:30 PM	<u>Cooking w/ Jennifer (alternate weeks)</u>	<u>Jennifer L aratonda</u>	Studio B
Thursday	Classes	Teacher	
8:00 - 9:00 AM	<u>Yoga Stretch</u>	<u>Sandy De John</u>	Studio A
9:10 - 10:25 AM	<u>Vinyasa Flow</u>	<u>Sandy De John</u>	Studio A
10:30 - 11:45 AM	<u>Gentle &amp; Restorative Yoga</u>	<u>Colleen Blackford</u>	Studio A (New Class! Starts 1/5/12)
5:30 - 6:45 PM	<u>Vinyasa Flow (2)</u>	<u>Sandy De John</u>	Studio A
7:00 - 8:15 PM	<u>Slow Flow</u>	<u>Malaurie Barber</u>	Studio A
Friday	Classes	Teacher	
8:00 - 9:00 AM	<u>Yoga Stretch</u>	<u>Stacey Parker Schuerman</u>	Studio A
9:10 - 10:25 AM	<u>Vinyasa Flow</u>	<u>Malaurie Barber</u>	Studio A
10:30 - 11:30 AM	<u>Guided Meditation w/ Breathwork</u>	<u>Danarene Kalina</u>	Studio B (New Class!)
12:00 - 1:00 PM	<u>Classic Mat Pilates</u>	<u>Jee Jee Carter</u>	Studio A
5:30 - 6:45 PM	<u>Slow Flow</u>	<u>Stacey Parker Schuerman</u>	Studio A
7:00 - 8:00 PM	<u>Mixed Martial Arts</u>	<u>Zen Azuma</u>	Studio A
Saturday	Classes	Teacher	
9:00 - 10:00 AM	<u>Yoga Fundamentals**</u>	<u>Tim Senesi</u>	Studio B
9:10 - 10:25 AM	<u>Vinyasa Flow</u>	<u>Malaurie Barber</u>	Studio A
10:30 - 11:30 AM	<u>Yoga Stretch</u>	<u>Jennifer L aratonda</u>	Studio A
Sunday	Classes	Teacher	
9:10 - 10:25 AM	<u>Vinyasa Flow (2)</u>	<u>Amy Harper</u>	Studio A
10:30 - 11:30 AM	<u>Yoga Stretch</u>	<u>Amy Harper</u>	Studio A

\*\*Class name change from Therapeutic Yoga to Yoga Fundamentals...same class, different name and additional class time