



schedule september 6, 2011 to march 4, 2012

sunday

* 8:00-9:15 am	Level 1-2 (with optional meditation at 7:45 am)	Deborah Raoult	S
9:00-10:30 am	All Levels	Julian Walker	N
9:30-11:00 am	Level 1	Indira Shekerjian	S
10:45-12:15 pm	Level 2-3 Flow	Kyra Haglund	N
11:15-12:30 pm	Prenatal & Postnatal	Shayna Reid	S
12:45-2:00 pm	All Levels (Community)	Stephanie Avedon	N/S
2:15-3:45 pm	Level 1 (Community)	Mike Pottenger	N/S
4:00-5:15 pm	All Levels Flow	Nathalie Canessa	N/S
5:30-7:00 pm	Restorative	Katherine Newmark	N
7:30-8:45 pm	Kundalini Level 1-2	Elizabeth St. Clair	N

monday

7:00-8:15 am	Level 1-2	Jane Zingale	N
8:30-9:30 am	Level 1-2	Jane Zingale	S
* 9:00-10:30 am	All Levels Flow	Nancy Goodstein	N
10:00-11:30 am	Level 1	Leslie Bogart	S
* 10:45-12:15 pm	Ashtanga Primary Series	Nancy Goodstein	N
11:00-12:30 pm	Iyengar Level 1-2	Lori McIntosh	G
* 12:30-2:00 pm	All Levels Flow (Community)	Allison McCready	N
3:30-4:30 pm	Level 1/Yoga for Stiff People (Community)	Catherine McDonough/ Mike Pottenger	N
5:00-6:20 pm	Level 2-3 (with optional meditation at 4:45 pm)	Riayn Shumacher	N
* 6:00-7:00 pm	Pilates Level 1-2	Melissa Ruby	G
6:00-7:30 pm	Level 1-2	Kyra Haglund	S
6:30-8:00 pm	All Levels	Julian Walker	N
7:45-8:45 pm	Level 1 w/Meditation	Nathalie Canessa	S
8:15-9:30 pm	Slow Deep Stretch	Mike Pottenger	N

tuesday

7:30-8:30 am	Level 1-2	Indira Shekerjian	N
9:00-10:30 am	Level 1-2	Nathalie Canessa	N
9:15-10:15 am	Pilates Level 2-3	Laura Gideon	S
10:30-11:45 am	Level 1 Gentle	Joyce Dvoren	S
10:45-12:15 pm	All Levels	Luke Ketterhagen	N
12:15-1:15 pm	Slow Deep Stretch	Indira Shekerjian	S
* 12:30-2:00 pm	All Levels/Groove Yoga (Community)	Lori Snyder	N
1:30-2:45 pm	Mommy & Me (Pre-crawling)	Indira Shekerjian	G
2:30-3:45 pm	Level 1 Gentle	Sonya Chapnick	S
3:30-4:45 pm	All Levels (Community)	Mike Geary	N
* 4:30-5:45 pm	Kundalini All Levels (Community)	Jodi Fuchs	S

5:00-6:20 pm	All Levels Flow	Allison McCready	N
6:00-7:30 pm	Level 1-2	Luke Ketterhagen	S
* 6:00-7:15 pm	Prenatal & Postnatal	Shayna Reid	G
6:30-8:00 pm	All Levels Flow	Daniel Stewart	N
7:45-8:45 pm	Slow Deep Stretch	Indira Shekerjian	S
* 8:15-9:30 pm	All Levels Flow	Isabelle Du Soleil	N

wednesday

7:00-8:15 am	Level 1-2	Jane Zingale	N
8:30-9:30 am	Pilates Level 1	Laura Gideon	S
* 9:00-10:30 am	All Levels Flow	Nancy Goodstein	N
10:00-11:30 am	Level 1	Leslie Bogart	S
* 10:45-12:15 pm	Ashtanga Primary Series	Nancy Goodstein	N
* 11:00-12:30 pm	Iyengar Level 1-2	Lorna Sirota	G
12:00-1:00 pm	Level 1-2 (\$5 Class)	SMY Teacher Trainee	S
* 12:30-2:00 pm	All Levels Flow (Community)	Allison McCready	N
3:30-4:30 pm	Level 1/Yoga for Stiff People (Community)	Catherine McDonough/ Mike Pottenger	N
4:00-5:30 pm	All Levels Power Flow (Community)	Aden Wain	S
5:00-6:20 pm	Level 2-3 (with optional meditation at 4:45 pm)	Riayn Shumacher	N
* 6:00-7:00 pm	Pilates Level 1-2	Melissa Ruby	G
6:00-7:30 pm	Level 1-2	Kyra Haglund	S
6:30-8:00 pm	All Levels	Julian Walker	N
7:15-8:45 pm	Iyengar Level 1-2	Keri Lee	G
7:45-8:45 pm	Level 1 w/Meditation	Nathalie Canessa	S
8:15-9:30 pm	Slow Deep Stretch	Cindy Fraser	N

thursday

7:30-8:30 am	Level 1-2	Indira Shekerjian	N
9:00-10:30 am	Level 1-2	Nathalie Canessa	N
9:15-10:15 am	Pilates Level 2-3	Laura Gideon	S
10:30-11:45 am	Level 1 Gentle	Joyce Dvoren	S
10:45-12:15 pm	All Levels	Luke Ketterhagen	N
12:15-1:15 pm	Slow Deep Stretch	Indira Shekerjian	S
* 12:30-2:00 pm	All Levels/Groove Yoga (Community)	Lori Snyder	N
1:30-2:30 pm	Mommy & Me (crawling to 2 yrs)	Indira Shekerjian	G
2:30-3:45 pm	Level 1 Gentle	Sonya Chapnick	S
3:30-4:45 pm	All Levels (Community)	Mike Pottenger	N
* 4:30-5:45 pm	Kundalini All Levels (Community)	Jodi Fuchs	S

5:00-6:20 pm	All Levels Flow	Allison McCready	N
6:00-7:30 pm	Level 1-2	Luke Ketterhagen	S
* 6:00-7:30 pm	Prenatal	Deborah Raoult	G
6:30-8:00 pm	Yoga and Meditation for Birth	Daniel Stewart	N
7:45-8:45 pm	Slow Deep Stretch	Indira Shekerjian	S
* 7:45-9:15 pm	Soma Yoga	Deborah Raoult	G
* 8:15-9:30 pm	All Levels Flow	Isabelle Du Soleil	N

friday

7:00-8:15 am	Level 1-2	Jane Zingale	N
8:30-9:30 am	Level 1-2	Jane Zingale	S
* 9:00-10:30 am	All Levels Contemplative	Kyra Haglund	N
10:00-11:30 am	Level 1	Leslie Bogart	S
10:45-11:45 am	Yoga Playdate (Parent & Child)	Nikki Dyson	N
* 10:15-11:45 am	Prenatal	Deborah Raoult	G
12:00-1:00 pm	Yoga and Meditation for Birth	Laura Gideon	S
* 12:30-2:00 pm	Pilates Level 1-2	Allison McCready	N
1:45-3:00 pm	All Levels Flow (Community)	Aden Wain	S
3:15-4:30 pm	Yoga for Cancer Patients (Free)	Elizabeth St. Clair	S
* 4:00-5:30 pm	Kundalini Level 1-2 (Community)	Elizabeth St. Clair	N
5:00-6:20 pm	All Levels Power Flow (Community)	Aden Wain	S
6:00-7:30 pm	Level 2-3 (with optional meditation at 4:45 pm)	Riayn Shumacher	N
6:30-8:30 pm	Level 1	Cindy Fraser	S
	All Levels Flow/Trance Dance	Julian Walker	N

saturday

8:00-9:15 am	Level 1-2 w/Meditation	Nathalie Canessa	S
9:00-10:30 am	All Levels	Julian Walker	N
9:30-11:00 am	Level 1-2	Jane Zingale	S
10:45-12:15 pm	All Levels Flow	Daniel Stewart	N
11:15-12:45 pm	Level 1	Indira Shekerjian	S
12:30-1:30 pm	Pilates Level 2	Laura Gideon	N
1:00-2:30 pm	Iyengar Level 1-2	Keri Lee	S
* 2:15-3:45 pm	All Levels Flow (Community)	Marti Bradley	N
2:45-4:15 pm	Prenatal	Deborah Raoult	S
4:00-5:30 pm	Yoga and Meditation for Birth	Cindy Fraser	N
4:30-5:45 pm	Taoist Yoga	Joyce Dvoren/ Andrea Wagner	S

* new or updated class
(N)orth enter at front of building, (S)outh and (G)arden enter at back.
Level 1 is beginner level. • Check online for holiday schedules