

## sunday

7:45-9:15 am	Level 1-2/Guided Meditation & Yoga	Deborah Raoult	S
<b>9:00-10:30 am</b>	<b>All Levels</b>	<b>Julian Walker</b>	<b>N</b>
9:30-11:00 am	Level 1	Indira Shekerjian	S
<b>10:45-12:15 pm</b>	<b>Level 2-3 Flow</b>	<b>Kyra Haglund</b>	<b>N</b>
11:15-12:30 pm	Prenatal & Postnatal	Shayna Reid	S
<b>2:15-3:45 pm</b>	<b>Level 1-2 (Community)</b>	<b>Mike Pottenger</b>	<b>N/S</b>
4:00-5:15 pm	All Levels Flow	Nathalie Canessa	N/S
<b>5:30-7:00 pm</b>	<b>Restorative</b>	<b>Katherine Newmark</b>	<b>N</b>
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
<b>8:30-9:30 am</b>	<b>Level 1-2</b>	<b>Jane Zingale</b>	<b>S</b>
9:00-10:30 am	All Levels Flow	Nancy Goodstein	N
<b>10:00-11:30 am</b>	<b>Level 1</b>	<b>Leslie Bogart</b>	<b>S</b>
10:45-12:15 pm	Ashtanga Primary Series	Nancy Goodstein	N
<b>12:30-2:00 pm</b>	<b>Level 1-2/Deep Flow (Community)</b>	<b>Allison McCready</b>	<b>N</b>
3:30-4:30 pm	Level 1/Yoga for Stiff People (Community)	Catherine McDonough	N
<b>5:00-6:20 pm</b>	<b>Level 2-3 (with optional meditation at 4:45 pm)</b>	<b>Riayn Shumacher</b>	<b>N</b>
6:00-7:30 pm	Level 1-2	Marti Bradley	S
<b>6:00-7:00 pm</b>	<b>Pilates Level 1-2</b>	<b>M. Ruby</b>	<b>G</b>
6:30-8:00 pm	All Levels	Julian Walker	N
<b>7:45-8:45 pm</b>	<b>Level 1 w/Meditation</b>	<b>Nathalie Canessa</b>	<b>S</b>
8:15-9:30 pm	Slow Deep Stretch	Mike Pottenger	N

## tuesday

7:30-8:30 am	Level 1-2	Indira Shekerjian	N
<b>9:00-10:30 am</b>	<b>Level 1-2</b>	<b>Nathalie Canessa</b>	<b>N</b>
9:15-10:15 am	Pilates Level 2-3	Laura Gideon	S
<b>* 10:30-11:45 am</b>	<b>Level 1</b>	<b>Joyce Dvoren</b>	<b>S</b>
10:45-12:15 pm	All Levels	Luke Ketterhagen	N
<b>* 12:30-1:30 pm</b>	<b>Slow Deep Stretch</b>	<b>Indira Shekerjian</b>	<b>N</b>
1:45-3:00 pm	Mommy & Me (pre-crawling)	Indira Shekerjian	G
<b>* 3:15-4:30 pm</b>	<b>Level 1/Gentle &amp; Therapeutic (Community)</b>	<b>Sonya Chapnick</b>	<b>N</b>
<b>* 5:00-6:20 pm</b>	All Levels/Power Yoga Groove	Lori Snyder	N
<b>6:00-7:30 pm</b>	<b>Level 1-2</b>	<b>Luke Ketterhagen</b>	<b>S</b>
6:00-7:15 pm	Prenatal & Postnatal	Shayna Reid	G

## wednesday

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

## thursday

7:30-8:30 am	Level 1-2	Indira Shekerjian	N
<b>9:00-10:30 am</b>	<b>Level 1-2</b>	<b>Nathalie Canessa</b>	<b>N</b>
9:15-10:15 am	Pilates Level 2-3	Laura Gideon	S
10:30-11:45 pm	Level 1/Gentle & Therapeutic	Joyce Dvoren	S
<b>10:45-12:15 pm</b>	<b>All Levels</b>	<b>Luke Ketterhagen</b>	<b>N</b>
<b>* 12:30-1:30 pm</b>	Slow Deep Stretch	Indira Shekerjian	N
<b>* 3:15-4:30 pm</b>	<b>Restorative (Community)</b>	<b>Sonya Chapnick</b>	<b>N</b>
<b>* 5:00-6:20 pm</b>	All Levels/Power Yoga Groove	Lori Snyder	N
<b>6:00-7:30 pm</b>	<b>Level 1-2</b>	<b>Luke Ketterhagen</b>	<b>S</b>
6:00-7:30 pm	Prenatal Yoga and Meditation for Birth	Deborah Raoult	G

## schedule march 5 to september 3, 2012

## friday

7:00-8:15 am	Level 1-2	Jane Zingale	N
<b>8:30-9:30 am</b>	<b>Level 1-2</b>	<b>Jane Zingale</b>	<b>S</b>
9:00-10:30 am	All Levels Contemplative	Kyra Haglund	N
<b>10:00-11:30 am</b>	<b>Level 1</b>	<b>Leslie Bogart</b>	<b>S</b>
10:15-11:45 am	Prenatal Yoga and Meditation for Birth	Deborah Raoult	G
<b>10:45-11:45 am</b>	<b>Yoga Playdate (parent and Child)</b>	<b>Nikki Dyson</b>	<b>N</b>
12:00-1:00 pm	Pilates Level 1-2	Laura Gideon	S
<b>12:30-2:00 pm</b>	<b>Level 1-2/Deep Flow (Community)</b>	<b>Allison McCready</b>	<b>N</b>
<b>* 3:30-4:30 pm</b>	Level 1/Yoga for Stiff People (Community)	Mike Pottenger	N
<b>5:00-6:20 pm</b>	<b>Level 2-3 (with optional meditation at 4:45 pm)</b>	<b>Riayn Shumacher</b>	<b>N</b>
6:00-7:30 pm	Level 1	Cindy Fraser	S
<b>6:30-8:30 pm</b>	<b>All Levels Flow/Trance</b>	<b>Julian Walker</b>	<b>N</b>

## saturday

8:00-9:15 am	Level 1-2 w/Meditation	Nathalie Canessa	S
<b>9:00-10:30 am</b>	<b>All Levels</b>	<b>Julian Walker</b>	<b>N</b>
9:30-11:00 am	Level 1-2	Jane Zingale	S
<b>10:45-12:15 pm</b>	<b>All Levels Flow</b>	<b>Daniel Stewart</b>	<b>N</b>
11:15-12:45 pm	Level 1	Indira Shekerjian	S
<b>12:30-1:30 pm</b>	<b>Pilates Level 2</b>	<b>Laura Gideon</b>	<b>N</b>
<b>* 1:00-2:15 pm</b>	Level 1/Gentle & Therapeutic	Andrea Wanger/ Joyce Dvoren	S
<b>2:15-3:45 pm</b>	<b>All Levels Flow (Community)</b>	<b>Marti Bradley</b>	<b>N</b>
4:00-5:30 pm	Slow Deep Stretch	Cindy Fraser	N
<b>* 4:30-6:00 pm</b>	<b>All Levels/Power Yoga</b>	<b>Steve Jones</b>	<b>S</b>

\* 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