

Weekly Schedule • MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
8:30am warmpower candace	6:00am ^{EARLY} warmpower candace	8:00am warmpower katie		8:00am warmhatha jay	All classes EST & 60min unless noted all have virtual option	
10-11:15am 3/5 grief movement alison	9:00am vinyasa alison	9:30am vinyasa kristyn	9:00am flow+focus melanie	9:30am yin/yang alison	9:00am vinyasa robyn	9:00am vinyasa reg
3/12 book to body alison						
3/19 wall class amanda	10:30am gentle flow jennifer	great for beginners	10:30am chair heather		10:30am slowflow+yin barbie	10:30am gentle flow anessia
3/26 slowflow +yin heather	3:30-4:15pm kids dani	K-5th	12-12:45pm power 45 jay		12:00pm power candace	great for beginners
12:00pm community various	5:15-6:00pm twins dani	6th-8th	4:30pm gentle flow lara			
FREE			great for beginners			
6:00pm yin+ meditation emma	6:15pm warmpower robyn	6:00pm slow flow jay	6:15pm warm vinyasa reg	6:15pm power katie		
7:30-8:45pm (1st+3rd Sun) nidra kerry	7:30pm Y12SR robyn	7:30pm yin + meditation anessia	'warm' is 85 degrees	7:30-8:45pm restorative kerry		
						check online for detailed class description

Updated 2/27/23