

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:15 YogaWorks 1/2 Mary-Beth Demers	7:00-8:30 Yoga Blend 2/3 Jackie Roberts	6:00-7:15 YogaWorks 1/2 Mary-Beth Demers	7:00-8:30 Yoga Blend 2/3 Jackie Roberts	6:00-7:15 Yoga Blend 1/2 ♫ Jessica Anderson	8:00-8:55 SculptWorks® 1/2 ♫ Patricia Friberg	8:30-9:55 YW Flow 2/3 ♫ Mary-Beth Demers
8:15-9:10 SculptWorks® 1/2 ♫ Patricia Friberg	9:00-9:55 BarWorks® 2 ♫ Alana Lee	8:15-9:10 SculptWorks®/ TRX® 1/2 ♫ Stacy Mackintosh	9:00-9:55 BarWorks® 2 ♫ Alana Lee	8:15-9:10 SculptWorks®/ TRX® 1/2 ♫ Stacy Mackintosh	8:30-9:45 YogaWorks 1/2 Lainie Devina	9:00-10:00 Pilates Fusion 1/2 ♫ Robin Horsfield-Sammis
9:00-10:15 Yoga Blend 1/2 ♫ Jessica Anderson	9:00-10:15 Yoga Blend 1 ♫ Jessica Anderson	9:00-10:15 Yoga Blend 1/2 ♫ Maggie Mellor	9:00-10:15 Yoga Blend 1 ♫ Jessica Anderson	9:00-10:15 Yoga Blend 1/2 ♫ Maggie Mellor	9:00-9:55 BarWorks® 1/2 ♫ Patricia Friberg	9:00-10:30 YogaWorks 1 ♫ Hazel Patterson
SculptWorks®/ TRX® 1/2 ♫ Patricia Friberg	9:15-10:45 Vinyasa Flow 2/3 Stefan Storace	9:15-10:15 SculptWorks® 2 ♫ Diana Klein	9:15-10:45 Vinyasa Flow 2/3 Stefan Storace	9:15-10:15 SculptWorks® 1/2 ♫ Diana Klein	10:00-11:25 YogaWorks 1 Nona Chiang	10:00-10:55 TRX® 1/2 ♫ Geoff Link
9:15-10:40 Vinyasa Flow 2/3 ♫ Vivica Schwartz	10:30-11:45 Yoga Blend 1/2 ♫ Ericka Bryant	9:15-10:40 YW Flow 2/3 ♫ Sarah Ezrin	10:30-11:45 Yoga Blend 1/2 ♫ Ericka Bryant	9:15-10:45 Vinyasa Flow 2/3 ♫ Vivica Schwartz	10:00-11:30 Vinyasa Flow 2/3 ♫ Ellen Kalmenson ♪	10:45-12:15 YW Flow 2 ♫ Sarah Ezrin
10:30-11:45 Gentle Yoga ♫ Karen Hartstein	11:00-12:25 Pre/Postnatal* ♫ Robin Gruver	10:30-11:45 Gentle Yoga ♫ Karen Hartstein	11:00-12:25 Pre/Postnatal* ♫ Robin Gruver	10:30-12:00 YogaWorks 1 Ashley Rideaux	11:45-1:15 Iyengar 1/2 Monica Rose	11:00-12:00 Family Yoga ♫** Julie Markovitz
10:30-12:00 Iyengar 1/2 Cara Sorkin	12:15-1:15 YogaWorks 1 Lainie Devina	10:30-12:00 Iyengar 1/2 Cara Sorkin	12:15-1:15 YogaWorks 1 Lainie Devina	12:15-1:15 YW Flow 2 ♫ Mary-Beth Demers	12:00-1:30 Vinyasa Flow 2 ♫ Katie Steff	4:00-5:30 Yoga Blend 1/2 ♫ Michelle Kronenberg
12:00-1:15 YogaWorks 1/2 Nona Chiang	12:15-1:15 SculptWorks® 1/2 ♫ Diana Klein	10:45-12:00 Yoga Blend 1 ♫ Jennifer Elliott	12:15-1:15 SculptWorks® 1/2 ♫ Diana Klein	12:15-1:15 BarWorks® 2 ♫ Sara Green	Fundamentals of Yoga**** Ellen Kalmenson	4:15-5:45 Relax Deeply ♫ Maggie Mellor
12:15-1:15 Pilates Fusion 1/2 ♫ Diana Klein	12:30-1:45 Vinyasa Flow 2 ♫ Katie Steff	12:15-1:15 Vinyasa Flow 2 ♫ Jennifer Elliott	12:30-1:45 Vinyasa Flow 2 ♫ Katie Steff	3:00-4:15 Yoga Blend 1/2 ♫ Jennifer Elliott	4:00-5:30 Yoga Blend 1/2 ♫ Surreina Gallegos	
12:15-1:30 Vinyasa Flow 2/3 ♫ Jennifer Elliott	2:00-3:00 Therapeutics Chris Bannister	12:15-1:15 Pilates Fusion 1/2 ♫ Robin Horsfield-Sammis	2:00-3:00 Therapeutics Chris Bannister	4:30-5:45 Yin Yoga 1 ♫ Jennifer Elliott		Pilates Group Equipment Classes (1 hour) <u>Beginner</u> Tues: 9am Wed: 7pm Thurs: 9am <u>Intermediate</u> Mon: 10am, 11:30 am, 5pm, 6pm Tues: 6:30pm Wed: 10am, 11am, 6pm Thurs: 10am, 6pm Fri: 9am, 11am Sat: 8am Sun: 10am <u>Advanced</u> Mon: 9am Thurs: 8am Additional fee required. Call to register.
2:00-3:00 Yoga Blend 1/2 Ashley Holm/ Beth Jenkins ★	3:00-4:15 Gentle Yoga ♫ Surreina Gallegos	2:00-3:00 Yoga Blend 1/2 Marie Courchesne ★	3:00-4:15 Gentle Yoga ♫ Surreina Gallegos	5:00-6:15 Vinyasa Flow 2/3 ♫ Katie Steff		
4:30-5:30 YW Cardio Flow 2 ♫ Brooke Foxworthy	4:45-6:00 Gentle Yoga ♫ Surreina Gallegos	4:00-5:25 Pre/Postnatal* ♫ Robin Gruver	4:45-6:00 Kids Yoga (7 & up)*** Julie Markovitz	6:00-7:15 Yoga Blend 1 ♫ Sri Hari Moss		
4:45-6:00 Yoga Blend 1 ♫ Jennifer Elliott	Classical Pilates Mat 1/2 ♫ Stephanie Milano	4:30-5:30 YW Cardio Flow 2 ♫ Brooke Foxworthy	4:45-6:00 Gentle Yoga ♫ Surreina Gallegos			
5:30-7:00 Vinyasa Flow 2/3 ♫ Chaz Russ †	5:15-6:25 Yoga Blend 1/2 ♫ Jessica Anderson	4:45-6:00 Yoga Blend 1 ♫ Karen Hartstein	Classical Pilates Mat 1/2 ♫ Stephanie Milano			
6:00-7:00 BarWorks® 1/2 ♫ Sara Green	6:00-6:55 SculptWorks®/ TRX® 1/2 ♫ Shanda McMahon	5:30-7:00 Vinyasa Flow 2/3 ♫ Chaz Russ †	5:15-6:25 Yoga Blend 1/2 ♫ Jessica Anderson			
6:15-7:30 Vinyasa Flow 2 ♫ Jennifer Elliott	6:15-7:25 Yin Yoga 1 ♫ Jennifer Elliott	6:00-7:00 BarWorks® 1/2 ♫ Alana Lee	SculptWorks®/ TRX® 1/2 ♫ Geoff Link			
7:15-8:30 Yoga Blend 1/2 ♫ Sri Hari Moss	6:30-8:00 Vinyasa Flow 2/3 ♫ Ellen Kalmenson †	6:15-7:30 Vinyasa Flow 2 ♫ Jennifer Elliott	6:15-7:25 Yin Yoga 1 ♫ Jennifer Elliott			
7:30-8:45 Gentle Yoga ♫ Karen Hartstein	7:00-8:30 Iyengar 1/2 Monica Rose	7:15-8:30 Yoga Blend 1/2 ♫ Sri Hari Moss	6:30-8:00 Vinyasa Flow 2/3 ♫ Ellen Kalmenson †			
	7:30-8:30 YogaWorks 1 ♫ Hazel Patterson	7:30-8:45 Relax Deeply ♫ Maggie Mellor	7:00-8:30 Iyengar 1/2 Monica Rose			
			7:30-8:30 YogaWorks 1 ♫ Hazel Patterson			

LEGEND

- * Prenatal class packages are available to non-members.
- ** Held 1st and 3rd Sunday of every month.
- *** Kids Yoga 8 week series available. Please see front desk for more info.
- **** Held 2nd and 4th Saturday of every month. Pre-registration recommended.
- ★ Class is taught by a 500-hour Teacher Training Graduate
- ♫ Music
- † Come prepared for room temperatures 85 degrees and above. Visit yogaworks.com for substitute teachers and holiday hours.