

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:30 Ashtanga/ Mysore 2/3 Evan Perry	6:00-8:30 Ashtanga/ Mysore 2/3 Evan Perry	6:00-8:30 Ashtanga/ Mysore 2/3 Evan Perry	6:00-8:30 Ashtanga/ Mysore 2/3 Evan Perry	6:00-8:30 Ashtanga/ Mysore 2/3 Evan Perry	9:00-10:30 Ashtanga / Led 3 Evan Perry	9:00-10:30 Iyengar 2 Sarah Perron
7:30-8:30 YogaWorks 2 Jennie Cohen	7:15-8:30 Yoga Blend 1/2 Dinneen Viggiano	7:30-8:30 YogaWorks 2 Jennie Cohen	7:15-8:30 Yoga Blend 1/2 Dinneen Viggiano	7:30-8:30 YogaWorks 2 Jennie Cohen	9:15-10:45 Vinyasa Flow 2 ♪ Karolina Cemel	9:30-11:00 Yoga Blend 1/2 Hollis Lewis
9:00-10:15 YogaWorks 1 Celine Antoine	9:00-10:30 YogaWorks 2 Paula Lynch	9:00-10:15 YogaWorks 1 Celine Antoine	9:00-10:30 YogaWorks 2 Paula Lynch	9:00-10:15 Yoga Blend 1 Alex Phelan	9:30-10:30 Pilates Fusion 1 Linda Luber	Fundamentals of Yoga Marjorie Suvalle
9:30-10:30 Pilates Fusion 1 Frances Taylor-Brown	9:15-10:30 Vinyasa Flow 2/3 ♪ Anya Porter	9:30-10:30 Classical Pilates Mat 1/2 Katherine Shapiro	9:15-10:30 Vinyasa Flow 2/3 ♪ Anya Porter	9:30-10:30 Pilates Fusion 1 Frances Taylor-Brown	11:00-12:00 Contemporary Pilates Mat 2 Heather Mims	10:45-12:15 Vinyasa Flow 2/3 ♪ Tamar Samir
9:30-10:45 Vinyasa Flow 2 ♪ Lisa Zaloga	9:30-10:45 Gentle Yoga Bridget Shields	9:30-10:45 Vinyasa Flow 2 ♪ Lisa Zaloga	9:30-10:45 Gentle Yoga Bridget Shields	9:30-10:45 Vinyasa Flow 2 ♪ Lisa Zaloga	11:00-12:25 YogaWorks 1/2 Paula Lynch	11:15-12:45 YW Flow 2 Rama Nina Patella
10:45-12:15 YogaWorks 1/2 ♪ Jodie Rufty	10:45-12:15 YW Flow 2/3 ♪ Jeanmarie Paolillo	10:45-12:15 YogaWorks 1/2 ♪ Jodie Rufty	10:45-12:15 YW Flow 2/3 ♪ Jeanmarie Paolillo	10:45-12:15 YogaWorks 1/2 Rama Nina Patella	11:30-12:45 Power Yoga 2/3 ♪ Sherman Morris	12:30-1:30 Classical Pilates Mat 1/2 Ashley Flaner
11:00-12:15 Iyengar 1 Sarah Perron	12:30-1:30 Classical Pilates Mat 1/2 Emilie Schreiner	11:00-12:15 Iyengar 1 Sarah Perron	12:30-1:30 Classical Pilates Mat 2 Emilie Schreiner	12:30-1:30 Vinyasa Flow 2 ♪ Charles Matkin	12:45-2:15 Yoga Blend 1 Bridget Shields	4:00-5:30 Ashtanga / Led 3 Evan Perry
Classical Pilates Mat 2 Holly Jean Cosner	12:30-1:30 Vinyasa Flow 2 ♪ Timothy Bish	Classical Pilates Mat 2 Emilie Schreiner	12:30-1:30 Vinyasa Flow 2 ♪ Timothy Bish	12:30-1:30 Vinyasa Flow 2 ♪ Katherine Shapiro	2:30-4:00 Vinyasa Flow 2 Dana Gilly	4:30-5:45 Yoga Blend 1/2 Alex Phelan
12:30-1:30 Ishta 1/2 Douglass Stewart	12:30-1:45 Iyengar 1/2 Michael Morphis	12:30-1:30 Ishta 1/2 Douglass Stewart	12:30-1:45 Iyengar 2 Michael Morphis	12:30-1:45 Iyengar 1/2 Sarah Perron	Pilates Group Equipment Classes (1 hour) REFORMER Monday: 6:30pm (Beginner) Monday: 7:30pm (Intermediate) Tuesday: 7:00pm (Intermediate) Wednesday: 7:30pm (Beginner) Thursday: 6:30pm (Intermediate) Saturday: 10:30am (Intermediate) Saturday: 11:30am (Beginner) Sunday: 10:00am (Beginner) Sunday: 11:00am (Intermediate) TOWER Monday: 12:00pm (Intermediate) Wednesday: 6:30pm (Intermediate) Thursday: 7:30pm (Beginner) Friday: 5:00pm (Beginner) Sunday: 12:00pm (Beginner) Sunday: 4:30pm (Beginner) Additional fee required. Call to register.	6:00-7:00 Restorative Danielle Lee
12:30-1:45 YW Flow 2/3 ♪ Jodie Rufty	2:00-3:15 Yoga Blend 1/2 Eliza Cantor ★	12:30-1:45 YW Flow 2/3 ♪ Jodie Rufty	2:00-3:15 Yoga Blend 1/2 Hannah Thomas ★	2:00-3:15 Yoga Blend 1/2 Eliza Cantor ★		6:15-7:30 Vinyasa Flow 2 ♪ Chelsey Korus Aston
1:45-2:45 Prenatal Jess Blake	4:00-5:15pm YogaWorks 1/2 Sarah Bell	1:45-2:45 Prenatal Jess Blake	4:00-5:15 YogaWorks 1/2 Sarah Bell	4:00-5:15 Vinyasa Flow 2 ♪ Anya Porter		
2:00-3:15 Yoga Blend 1/2 Rachael Babington ★	4:30-5:30 DanceWorks® 1/2 Erin Donnelly	2:00-3:15 Yoga Blend 1/2 Rachelle DeVore ★	4:45-5:45 Therapeutics Charles Matkin	4:30-5:45 YogaWorks 1 Ann Mosca		
4:00-5:15 Vinyasa Flow 2 ♪ Anya Porter	Contemporary Pilates Mat 1/2 Valarie Samulski	4:00-5:15 Vinyasa Flow 2 ♪ Anya Porter	Contemporary Pilates Mat 1/2 Heather Mims	5:45-7:15 YogaWorks 1/2 Jocelyn Casey Whiteman		
5:45-6:45 YW Cardio Flow 2 ♪ Anna Hughes-Dioguardi	6:00-7:15 Vinyasa Flow 2 ♪ Lisa Yi	5:45-6:45 YW Cardio Flow 2 ♪ Anna Hughes-Dioguardi	6:00-7:15 Vinyasa Flow 2 ♪ Lisa Yi	6:00-7:25 YW Flow 2/3 Paula Lynch		
5:45-7:15 YogaWorks 1/2 Paula Lynch	6:00-7:15 Yoga Blend 1 Charles Matkin	5:45-7:15 YogaWorks 1/2 Paula Lynch	6:00-7:15 Yoga Blend 1 Charles Matkin	7:45-8:45 Restorative Cathy Lilly		
6:00-7:25 YW Flow 2/3 ♪ Jeanmarie Paolillo	6:30-7:25 Pilates Fusion 1/2 Valarie Samulski	6:00-7:25 YW Flow 2/3 ♪ Jeanmarie Paolillo	6:30-7:25 Pilates Fusion 1/2 Ashley Flaner			
Contemporary Pilates Mat 2 Stephanie Willing	7:30-8:45 Power Yoga 2/3 ♪ Sherman Morris	Contemporary Pilates Mat 2 Heather Mims	7:30-8:45 Power Yoga 2/3 ♪ Sherman Morris			
7:30-9:00 YogaWorks 1 Jocelyn Casey-Whiteman	7:30-9:00 Yoga Blend 2 ♪ Charles Matkin	7:30-9:00 Iyengar 1/2 Kavi Patel	7:30-9:00 Yoga Blend 2 ♪ Charles Matkin			
7:30-9:00 YW Flow 2/3 Denise McClellan	7:45-9:00 YogaWorks 1/2 Laurel Beversdorf	7:30-9:00 YW Flow 2/3 Denise McClellan	7:45-9:00 YogaWorks 1/2 Laurel Beversdorf			
Contemporary Pilates Mat 1 Ashley Flaner		Contemporary Pilates Mat 1 Heather Mims				

LEGEND

Ashtanga/Mysore classes do not meet on moon days including:

(1/9, 1/23, 2/7, 2/21, 3/8, 3/22, 4/6, 4/21, 5/6)

★ 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