

Spring Schedule 2012			
Starting March 19 th through June 18 th			
TIME	CLASS	TEACHER	
SUNDAY			
9:30AM - 11:00AM	Prana Flow	Jerry Urban	90 min
4:00PM - 5:15PM	Therapeutic Hatha Yoga	Mike Aquino, CYT	75 min
MONDAY			
9:30AM - 11:00AM	Vinyasa Flow	Kristin Olson, RYT	90 min
11:00AM - 12:15PM	Multi-Level	Trish MacNeil	75 min
4:00PM - 5:15PM	Anusara Inspired Yoga	Jackie Salvesen	75 min
6:30PM - 8:00PM	Iyengar Yoga	Karen Wenc	90 min
TUESDAY			
8:00AM - 9:15AM	Slow Vinyasa Flow	Meghan Kelley	75 min
9:30AM - 11:00AM	Multi-Level Yoga	Roberta Dell'Anno, RYT	90 min
11:00AM - 12:30PM	Therapeutic/Restorative Yoga	Connie Glore, RYT	90 min
5:30PM - 6:45PM	Vinyasa Flow	Kristin Olson, RYT	75 min
6:30PM - 7:45PM	Prenatal Yoga	Michelle O'Toole	75 min
7:00PM - 8:30PM	Strengthen and Restore	Yoshiko Gray, RYT	90 min
WEDNESDAY			
8:00AM - 9:15AM	Multi-Level Yoga	Connie Glore, RYT	75 min
9:30AM - 11:00AM	Beginner Yoga	Taisha Weber, RYT	90 min
11:00AM - 12:15PM	Slow Vinyasa Flow	Meghan Kelley	75 min
4:00PM - 5:15PM	Beginner Yoga	Yoshiko Gray, RYT	75 min
5:30PM - 6:45PM	Prana Flow	Jerry Urban	75 min
7:00PM - 8:30PM	Therapeutic/Restorative Yoga	Connie Glore, RYT	90 min
THURSDAY			
8:00AM - 9:15AM	Slow Vinyasa	Meghan Kelley	75 min
9:30AM - 10:45AM	Multi-Level Yoga	Trish MacNeil	75 min
9:30AM - 11:00AM	Anusara Inspired Yoga	Jenn Mosher	90 min
11:00AM - 12:15PM	Free Community Class	Michelle O'Toole	75 min
5:30PM - 6:45PM	Beginner Yoga	Taisha Weber, RYT	75 min
7:00PM - 8:30PM	Therapeutic/Active Yoga	Mike Aquino, CYT	90 min
FRIDAY			
9:30AM - 11:00AM	Prana Flow	Jerry Urban	90 min
11:00AM - 12:15PM	Multi-Level Yoga	Trish MacNeil	75 min
SATURDAY			
8:00AM - 9:15AM	Beginner Yoga	Taisha Weber, RYT	75 min
9:30AM - 10:45AM	Vinyasa Flow	Suzanne DiMeco	75 min