



**MONDAY**

7:00-8:00 **Bootcamp**  
Mags Cernouskova

7:45-8:45 **Vinyasa Mixed \***  
Linda Armijo

8:30-9:45 **Vinyasa Mixed**  
Mary Cantonis

9:15-10:15 **True Beginner ●**  
Linda Armijo

10:00-11:30 **Anusara-Inspired Mixed**  
Jenn Waters

11:00-12:30 **Iyengar 2**  
Ann West

12:00-1:15 **Vinyasa Mixed**  
Bonnie Jones

12:45-2:00 **Prenatal**  
Mary Cantonis

3:00-4:15 **Silver Age Yoga \***  
Carolyn Boline

4:45-5:45 **Pilates \***  
Paola Hofmeister

5:30-6:45 **Vinyasa Mixed**  
Amanda McCarroll

6:00-6:50 **True Beginner ●**  
Erica Wilder

7:00-7:45 **Meditation ▲ \***  
Michael DeFrancisco

7:00-8:30 **Winter Restorative Series\* \***  
Roger Cole  
\*special workshop pricing; ends 3/26

**TUESDAY**

6:30-7:30 **Sunrise Mixed**  
Nancine Dechard

7:45-8:45 **Vinyasa Mixed \***  
Nan Comstock

8:30-9:45 **Hatha \***  
Amanda McCarroll

9:15-10:15 **True Beginner ●**  
Linda Armijo

10:00-11:30 **Anusara-Inspired 2**  
Paisley Close

12:00-1:15 **Vinyasa Mixed**  
Liza DiGaetano

2:45-4:00 **HS Yoga 101 ♥**  
Linda Armijo

4:00-5:00 **Kids Yoga (ages 4-8)**  
Karoll Baudoux

4:00-5:00 **Vinyasa 1 \***  
Tah Groen

5:30-6:45 **Prenatal**  
Mary Cantonis

5:30-6:45 **Power Yoga**  
Carolina Vivas

7:00-8:15 **Healing Raja Yoga**  
Michele Hebert

7:00-8:30 **Anusara-Inspired 2/3**  
Maral Hadidi

**WEDNESDAY**

7:00-8:15 **Sunrise Mixed**  
Jano Galindo

7:45-8:45 **Vinyasa Mixed \***  
Linda Armijo

9:15-10:15 **True Beginner ●**  
Linda Armijo

9:15-10:30 **Vinyasa Mixed**  
Amanda McCarroll

10:45-11:45 **Prenatal Vinyasa**  
Birte Lightner

11:00-12:15 **Yoga for a Healthy Back \***  
Ann West  
\*special workshop pricing

12:00-1:15 **Vinyasa Mixed**  
Drisana Carey

12:30-1:20 **Pilates \***  
Nan Comstock

1:30-2:45 **Yoga Therapy, The Feldenkrais Way \***  
Shivani Jane

2:45-4:00 **HS Yoga 101 ♥**  
Nan Comstock

3:00-4:15 **Silver Age Yoga \***  
Jennifer Mencher

4:30-5:45 **Hatha \***  
Mike DeRyckere

5:30-7:00 **Vinyasa Mixed**  
Bonnie Jones

6:00-7:15 **Anusara-Inspired Mixed**  
Sarah Haughton

7:30-8:45 **Restorative Yoga \***  
Anne Cleveland

7:30-8:45 **Power Yoga 2**  
Carolina Vivas

**THURSDAY**

6:30-7:30 **Sunrise Mixed**  
Nancine Dechard

7:45-8:45 **Vinyasa Mixed \***  
Nan Comstock

8:30-9:45 **Hatha \***  
Amanda McCarroll

9:15-10:15 **True Beginner ●**  
Linda Armijo

10:00-11:30 **Anusara-Inspired Mixed**  
Paisley Close

10:30-11:45 **Prenatal**  
Mary Cantonis

12:00-1:15 **Vinyasa Mixed**  
Steve Hubbard

2:45-4:00 **HS Yoga 101 ♥**  
Nan Comstock

4:00-5:00 **Kids Yoga (ages 4-8)**  
Karoll Baudoux

4:00-5:00 **Vinyasa Mixed**  
Andrea McNelis

5:30-6:45 **Power Yoga**  
Carolina Vivas

6:00-6:50 **True Beginner ●**  
Erica Wilder

7:00-8:00 **Healing Raja Yoga**  
Mehrad Nazari

7:00-7:45 **Meditation ▲ \***  
Michael DeFrancisco

8:00-9:00 **Vinyasa Mixed**  
Genevieve Kim

**FRIDAY**

7:00-8:00 **Bootcamp**  
Mags Cernouskova

7:00-8:15 **Sunrise Mixed**  
Jano Galindo

8:30-9:45 **Vinyasa Mixed**  
Jano Galindo

9:15-10:30 **Vinyasa 1 \***  
Linda Armijo

10:00-11:30 **Anusara-Inspired 2**  
Jeanie Carlstead

11:00-12:30 **Iyengar Mixed**  
Jessica Montgomery

12:00-1:15 **Power Yoga**  
Carolina Vivas

3:45-4:45 **Karate for Kids**  
Frank McCarroll

4:15-5:05 **Pilates \***  
Nan Comstock

5:00-6:15 **Vinyasa Mixed**  
Bonnie Jones

5:15-6:15 **Hatha \***  
Nan Comstock

**SATURDAY**

8:30-9:45 **Anusara-Inspired Mixed**  
Jeanie Carlstead

9:00-10:15 **Hatha/Raja \***  
Michele Hebert

10:00-11:15 **Vinyasa Mixed**  
Amanda McCarroll

10:30-11:30 **True Beginner ●**  
Linda Armijo

12:00-1:15 **Vinyasa 2/3**  
Jano Galindo

4:45-6:00 **Vinyasa Mixed**  
Sarah Haughton

6:15-7:30 **Hatha \***  
Erica Wilder

**SUNDAY**

8:00-9:15 **Power Yoga**  
Carolina Vivas

9:30-11:00 **Hatha/Raja \***  
Mehrad Nazari

9:30-11:00 **Vinyasa Mixed**  
Teri Nagelberg

11:15-12:15 **True Beginner ●**  
Nan Comstock

4:45-6:00 **Hatha \***  
Nan Comstock

6:15-7:30 **Anusara-Inspired Mixed**  
Jenn Waters

**PRICING**

(STUDENT / TEACHER / MILITARY / 65+ PRICING\* IN PARENTHESES)

MONTHLY AUTOPAY MEMBERSHIP.....\$139 (\$109)

5 CLASS SERIES ..... \$89 (\$75)

10 CLASS SERIES ..... \$159 (\$135)

1 MONTH UNLIMITED ..... \$160 (\$136)

**TRANSFORMATION WEEK\***  
unlimited classes for 7 days, one time only, local residents only  
apply as a discount toward purchase of class membership ..... \$30

DROP IN ..... \$20 (\$17)

**ANNUAL UNLIMITED**  
includes 10% discount on workshops & retail..... \$1495 (\$1270)

\*With valid ID. All class series have 6 month expiration dates.

- TRUE BEGINNER: small class size for closer hands-on instruction
- \* NEWER TO YOGA: also great for those returning to a yoga practice
- ♥ HIGH SCHOOL YOGA 101: September through May
- ▲ MEDITATION: group guided meditation; no experience necessary