

 **Build Consistency!**

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

Wake up right with early morning flow Mon-Fri!

Flow  
6:15-7am, Becca Mitchell  
Flow  
7-7:45am, Jesse Taylor

Flow  
6:15-7am, Mary Stanton  
Flow  
7-7:45am, Caitlin Pascucci

Flow  
6:15-7am, Sienna Devoe-Talluto  
Flow  
7-7:45am, Charlotte Hardie

Flow  
6:15-7am, Mary Stanton  
Flow  
7-7:45am, Catherine Hamilton

Flow  
6:15-7am, Sienna Devoe-Talluto  
Flow  
7-7:45am, Jenny Lowell

Build a meditation practice

Mindful Meditation  
8-8:30am, Alex Wonnell

Mindful Meditation  
8-8:30am, Parker Holloway

Mindful Meditation  
8-8:30am, Alex Wonnell

Mindful Meditation  
8-8:30am, Parker Holloway

Mindful Meditation  
8-8:30am, Alex Wonnell

9am + 10am movement every day of the week!

30-Minute Flow  
9-9:30am, Kaitlyn Lavalette  
Flow  
10-10:45am, Jakee Zaccor

30-Minute Flow  
9-9:30am, Sage Horsey  
Flow  
10-10:45am, Kaitlyn Lavalette

30-Minute Flow  
9-9:30am, Britt Shattuck  
Flow  
10-10:45am, Danielle Tekut

30 Minute Flow  
9-9:30am, Sage Horsey  
Yin  
10-10:45am, Danielle Tekut

30 Minute Flow  
9-9:30am, Sienna DeVoe-Talluto  
Flow  
10-10:45am, Julie Serow

Mid-day movement every day!

Flow  
12-1pm  
Devon Penny

Core Flow  
12-1pm  
Heather Pearson

Flow  
12-1pm  
Jakee Zaccor

Fast + Fluid  
12-1pm  
Alison Rutkowski

Happy Hips + Hamstrings  
12-1pm  
Caitlin McCloskey-Meyer

Build some strength Mon-Fri!

Strength  
12:15-12:45pm, Rachel Cowan

Strength  
12:15-12:45pm, Sarah Diedrick

Strength  
12:15-12:45pm, Rachel Cowan

Strength  
12:15-12:45pm, Sarah Diedrick

Strength  
12:15-12:45pm, Alison Rutowski

Afternoon + early evening movement

Gentle Yoga  
3:30-4:30pm, Emily Fujioka  
Slow Flow  
4:30-5:15pm, Jenny Lowell  
Fat Yoga  
5:15-6:15pm, Amy Mincher  
Flow  
5:30-6:30pm, Heather Pearson

Fast + Fluid  
3:30-4:15pm  
Caitlin McCloskey-Meyer  
Empowerment Flow  
4:30-5:15pm, Blair Knowles  
Flow  
5:15-6pm, Jessica Williams  
Flow  
5:30-6:30pm  
Catherine Hamilton

Strong + Slow  
4:30-5:15pm  
Sarah Diedrick  
Slow Flow + Yin  
5:15-6:15pm  
Amy Mincher  
Flow  
5:30-6:30pm  
Caitlin Pascucci

Gentle Flow  
4:30-5:15pm  
Charlotte Hekking  
Slow Flow + Yin  
5:15-6pm  
Taylor Downs

Flow  
3:30-4:15pm  
Becca Mitchell  
Slow Flow  
5:15-6pm  
Heather Pearson

30 min weekday Flow + full class Friday!

30-Minute Flow  
5:30-6pm  
Julie Serow

30-Minute Flow  
5:30-6pm  
Devon Penny

30-Minute Flow  
5:30-6pm  
Devon Penny

30-Minute Flow  
5:30-6pm  
Julie Serow

Flow  
5:30-6:30pm  
Kaleigh Mulpeter

Flow options for all every day in the 6pm + 7pm hour!

Flow  
6-7pm, Kierstin Wall  
Gentle Flow  
7-7:45pm, Kaleigh Mulpeter

Flow  
6-7pm, Kaleigh Mulpeter  
Flow  
7-7:45pm, Taylor Downs

Flow  
6-7pm, Joshua Oyetubo  
Core Flow  
7-7:45pm, Julie Serow

Flow  
6-7pm, Laura Selin  
Empowerment Flow  
7-8pm, Claire Whitaker

Flow  
7-7:45pm  
Taylor Downs

Wind down + relax for the evening

Slow Flow + Self Massage  
8-9pm, Laura Birdsall  
Flow  
8:15-9pm, Laura Selin  
Mindful Meditation  
8:30-9pm, Parker Holloway

Wind-Down Flow  
8-8:45pm  
Claire Whitaker

Rest + De-Stress  
8:15-9pm  
Claire Giblin  
Mindful Meditation  
8:30-9pm  
Lo Storer

Wind-Down Flow  
8-8:45pm  
Laura Birdsall

### Find Your Weekend Flow!

Core Flow  
8-8:45am  
Catherine Hamilton

Move, Meditate + Mantra  
9-9:45am  
Jakee Zaccor

Strong + Slow  
9-10am  
Claire Giblin

Empowerment Flow  
9:30-10:30am  
Jessica Williams

Mindful Meditation  
9:30-10am  
Lo Storer

Flow  
10-11:15am  
Kaleigh Mulpeter

Yin Flow  
10:15-11am  
Lo Storer

Flow II  
11:45-1pm  
Joshua Oyetubo

Buti Flow  
10:30-11:30am  
Corey Grenier

Yin  
4-5pm  
Sage Horsey

Flow  
12:30-1:30pm  
Laura Selin

Strong + Slow  
4:30-5:30pm  
Charlotte Hardie

Slow Flow + Self Massage  
2-3pm  
Charlotte Hekking

Happy Hips + Hamstrings  
6:15-7pm  
Kierstin Wall

Flow  
3:30-4:30pm  
Jesse Taylor

Restorative  
7-8pm  
Sienna Devoe-Talluto

Yoga Nidra  
8:15-9pm  
Rachel Cowan

### Community Yoga Classes

**Wednesdays**  
Resilience Flow  
For the Brain Injury Community  
3:30-4:30pm  
Britt Shattuck

**Fridays**  
Chair Yoga  
3:30-4:30pm  
Emily Fujioka

**Thursdays**  
Yoga of 12 Step Recovery  
Wisdom of Yoga + the Tools of 12 Step  
5-6:15pm, Krista Marzewski

**Saturdays**  
Chair Yoga  
9-9:45am  
Catherine Hamilton  
*Free classes for specific populations*