

Fall 2010 Adult Schedule

TIME	CLASS	TEACHER	
SUNDAY			
8:00AM - 9:15AM	Rejuvenation Sundays	Christine Miyachi, RYT	75 min
9:30AM - 11:00AM	Sunday Flow	Collaborative	90 min
4:00PM - 5:15PM	Slow Vinyasa Flow	Jennifer Loher	75 min
MONDAY			
9:30AM - 11:00AM	Vinyasa Flow	Kristin Olson	90 min
11:00AM - 12:15PM	Multi-Level	Trish MacNeil	75 min
4:00PM - 5:15PM	Slow Vinyasa Flow	Gail Mann, RYT	75 min
6:30PM - 8:00PM	Iyengar Yoga	Karen Wenc	90 min
6:30PM - 7:45PM	Prenatal Yoga	Amy Buelow, RYT	75 min
TUESDAY			
7:30AM - 9:00AM	Slow Vinyasa Flow	Gail Mann, RYT	90 min
9:30AM - 11:00AM	Multi-Level Yoga	Roberta Dell'Anno, RYT	90 min
11:00AM - 12:30PM	Therapeutic Yoga	Connie Glore, RYT	90 min
5:30PM - 6:45PM	Back to Basics	Pamela Marshall	75 min
7:00PM - 8:30PM	Anusara Inspired Yoga	Pamela Marshall	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	Vinyasa Flow	Kristin Olsen	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	Yin Yoga	Connie Glore, RYT	90 min
THURSDAY			
8:00AM - 9:15AM	Free Community Class	Megan Kelley	75 min
9:30AM - 10:45AM	Anusara Inspired Yoga	Pamela Marshall	90 min
11:00AM - 12:15PM	Beginner Yoga	Taisha Weber, RYT	75 min
5:30PM - 6:45PM	Prana Flow	Gail Mann, RYT	75 min
7:00PM - 8:15PM	Strengthen and Restore	Gail Mann, RYT	90 min
7:00PM - 8:30PM	Multi-Level Yoga	Christine Miyachi, RYT	90 min
FRIDAY			
9:30AM - 11:00AM	Prana Flow	Jerry Urban	90 min
11:00AM - 12:15PM	Slow Vinyasa Flow	Jerry Urban	75 min
5:30PM - 7:00PM	OM Flow and Restore	Jennifer Loher	90 min
SATURDAY			
8:00AM - 9:15AM	Beginner Yoga	Taisha Weber, RYT	75 min
9:30AM - 11:00AM	Anusara Inspired Yoga	Collaborative	90 min