



# September Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	<b>OUTDOOR Power Flow</b> Ruth	<b>OUTDOOR Power Flow</b> Rosie	<b>OUTDOOR Power Flow</b> Ruth	<b>OUTDOOR Power Flow</b> Rosie			
8:30 - 9:45am			<b>Y12SR</b> Rosie			<b>OUTDOOR Slow Flow &amp; Yin</b> Ruth	
10:00 - 11:15am	<b>*OUTDOOR Back Care</b> Richard	<b>*Slow Flow &amp; Restorative</b> Paige	<b>Mindful Flow</b> Gota	<b>*Gentle Restorative &amp; Yin</b> Paige	<b>*Bhakti Flow &amp; Yin</b> Michael <b>*Gentle Yoga &amp; Ball Rolling</b> Deirdre	<b>Align &amp; Flow</b> Joe	
12:00 - 1:15pm	<b>OUTDOOR Flow &amp; Yin</b> Tucker	<b>Align &amp; Flow</b> Joe	<b>Flow &amp; Yin</b> Shala	<b>OUTDOOR Flow &amp; Yin</b> Amy	<b>WARM Strong &amp; Slow Flow</b> Alisa		
1:30 - 2:45pm	<b>*\$10 Align &amp; Flow</b> Deirdre	<b>*\$10 OUTDOOR Heart &amp; Space Flow</b> Jessica	<b>*\$10 OUTDOOR Intentional &amp; Slow Flow</b> Katie	<b>*\$10 OUTDOOR Qigong</b> Keith	<b>*\$10 OUTDOOR Embodied Flow &amp; Nidra</b> Amanda		
4:00 - 5:15pm	<b>*Gentle &amp; Restorative Yin</b> Shala	<b>*Gentle Yoga</b> Lewis	<b>OUTDOOR Dynamic Flow</b> Kate	<b>*Gentle Restorative &amp; Yin</b> Richard (Ends at 5pm)	<b>OUTDOOR Heart &amp; Space Flow</b> Jessica		<b>OUTDOOR Dynamic Flow</b> Kate
5:30 - 6:45pm	<b>Flow &amp; Yin</b> Shala	<b>OUTDOOR Flow &amp; Yin</b> Kate	<b>WARM Strong &amp; Slow Flow</b> Alisa	<b>*Gentle Align &amp; Flow</b> Joe <b>OUTDOOR Flow &amp; Yin</b> Ruth	<b>WARM Mindful Flow</b> Gota		<b>Mindful Restorative &amp; Yin</b> Gota
7:00 - 8:15pm	<b>*Gentle Yoga &amp; Nidra</b> Katie	<b>Mindful Restorative &amp; Yin</b> Kate	<b>*Gentle Yin &amp; Nidra</b> Miranda	<b>*Gentle Yoga &amp; Nidra</b> Jean Marie			

In-person Only

In-person & Live Streamed

Virtual Only

\* Indicates a Beginner Friendly Class

**In-person Single Regular Class: \$18**  
**In-person Single Community Class: \$10**  
**Virtual Single Class: \$10**

\*Outdoor classes do not require a mask.

Questions? Email [guestservices@youryoga.com](mailto:guestservices@youryoga.com) for assistance.