



# Fall Session A

August 29 - October 23, 2022

## New to the studio?

Try any 3 classes for only \$33

## Join us at any point during Fall Session A.

Registration fees are prorated each week.

## Enjoy unlimited access to our video library.

Students registered for 2+ classes a week have access to hundreds of recorded classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Yoga Level 1</b> 9:00-10:00 am (Debbie)</p> <p><b>Yoga Level 1-2</b> 9:00-10:00 am (Krista)</p> <p><b>Super Gentle Yoga</b> 10:15-11:15 am (Annette)</p> <p><b>Flow Level 2</b> 10:30-11:45 am (Wendy)</p> <p><b>Gentle Yoga</b> 10:30-11:30 am (Anne T.)</p> <p><b>Pilates Total Fitness</b> 11:30am-12:30 pm (Annette)</p> <p><b>Yoga Level 1</b> 12:00-1:00 pm (Linda)</p> <p><b>Yoga Level 1-2</b> 6:15-7:15 pm (Eduardo)</p> <p><b>Mindfulness Meditation*</b> 7:00-8:00 pm (OHMC)</p> <p><b>New!</b> <b>Flow Level 2</b> 7:00-8:00 pm (Jen)</p> <p><b>Yoga Level 1</b> 7:15-8:15 pm (Linda)</p>	<p><b>Yoga Level 1</b> 9:00-10:00 am (Bonnie)</p> <p><b>Yoga and Functional Movement</b> 9:30-10:30 am (Philip)</p> <p><b>Gentle Yoga</b> 10:00-11:15 am (Mercedes)</p> <p><b>New!</b> <b>Intermediate Pilates</b> 12:00-1:00 pm (Jessica)</p> <p><b>Gentle Yoga</b> 5:00-6:00 pm (Alex)</p> <p><b>Stretch, Strengthen and Align</b> 6:15-7:15 pm (Alex)</p>	<p><b>Mindfulness Meditation*</b> 7:00-8:00 am (OHMC)</p> <p><b>Yoga Level 1</b> 9:00-10:00 am (Rachel)</p> <p><b>Yoga Level 1-2</b> 9:00-10:15 am (Leyla)</p> <p><b>Flow Level 2</b> 10:30-11:30 am (Rachel)</p> <p><b>Gentle Yoga</b> 10:30-11:30 am (Leyla)</p> <p><b>Pre-Teen Yoga and Mindfulness (ages 8-12)</b> 5:00-5:45 pm (Linda)</p> <p><b>Yin Yoga</b> 6:30-7:30 pm (Yael)</p> <p><b>Yoga Level 1</b> 7:00-8:00 pm (Linda)</p>	<p><b>Yoga and Functional Movement</b> 7:30-8:30 am (Phil)</p> <p><b>Intermediate Pilates</b> 9:00-10:00 am (Julie B.)</p> <p><b>New!</b> <b>Yoga from the Inside Out</b> 10:15-11:30 am (Kellie)</p> <p><b>Yoga Level 1</b> 10:30-11:45 am (Linda)</p> <p><b>Gentle Yoga</b> 12:00-1:00 pm (Linda)</p> <p><b>Yin Yoga</b> 12:00-1:00 pm (Rob)</p> <p><b>New!</b> <b>Barre</b> 6:00-7:00 pm (Bretton)</p> <p><b>New!</b> <b>Prenatal and Postnatal Yoga</b> 6:30-7:30 pm (Stephanie)</p> <p><b>New!</b> <b>Yoga Level 1-2</b> 7:00-8:00 pm (Julie H.)</p>	<p><b>Yoga Level 1-2</b> 7:30-8:30 am (Rachel)</p> <p><b>Strength and Conditioning</b> 9:00-10:00 am (Krista)</p> <p><b>Yoga Level 1</b> 9:00-10:00 am (Alex)</p> <p><b>Yoga Level 1-2</b> 10:15-11:15 am (Krista)</p> <p><b>Flow Level 2</b> 10:30-11:45 am (Alice)</p> <p><b>New!</b> <b>Baby and Me Yoga</b> 12:00-1:00 pm (Elizabeth)</p> <p><b>Mindfulness Meditation*</b> 12:00-1:00 pm (OHMC)</p> <p><b>Yoga for a Healthy Back</b> 1:00-2:00pm (Kathy)</p> <p><b>Kids Yoga and Mindfulness (ages 5-8)</b> 4:30-5:15 pm (Linda)</p>	<p><b>Flow Level 2</b> 9:00-10:15 am (Wendy)</p> <p><b>Yoga Level 1</b> 9:00-10:15 am (Mercedes)</p> <p><b>Family Yoga (ages 5+ w/adult)</b> 10:00-10:45 am (Linda)</p> <p><b>Yoga Level 1-2</b> 10:30-11:45 am (Anjali)</p> <p><b>New!</b> <b>Family Yoga (ages 2-4 w/adult)</b> 11:15-12:00 pm (Tamar)</p> <p><b>Supportive Yoga for Larger Bodies</b> 12:00-1:00 pm (Michelle)</p>	<p><b>Basic Pilates</b> 9:00-10:00 am (Julie B.)</p> <p><b>Wake Up Yin</b> 9:30-10:30 am (Matthew)</p> <p><b>Yoga Level 1-2</b> 10:00-11:00 am (Rob)</p> <p><b>New!</b> <b>Iyengar Yoga All Levels</b> 10:15-11:30 am (Sonia)</p> <p><b>Prenatal and Postnatal Yoga</b> 10:30-11:45 am (Stephanie)</p> <p><b>Gentle Yoga</b> 11:00-12:00 pm (Camille)</p> <p><b>Pilates Total Fitness</b> 5:15-6:15 pm (Annette)</p> <p><b>Yoga for a Healthy Back</b> 5:30-6:30 pm (Bonnie)</p>

Most classes are **hybrid**, offered both in-studio and via Zoom. Classes marked with a **V** are virtual-only. Those marked with an **O** are offered through Opening Heart Mindfulness Community —visit [www.openingheartmindfulness.org](http://www.openingheartmindfulness.org).

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### Upcoming Workshop Series

<p><b>Building an Authentic Life</b> 4:00-5:00pm Sep 12 - Dec 12 (Annie)</p>	<p><b>Intro to Yoga</b> 6:00-7:00pm Sep 12 - Oct 3 (Linda)</p>	<p><b>Relaxation and Yoga for Teens</b> 5:00-6:00pm Sep 21 - Oct 26 (Cinema) <i>in-person only</i></p>
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