



Spring Session

March 27 – June 25, 2023

New to the studio?

Try any 3 classes for only \$33

Join us at any point during Spring Session.

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

Yoga Level 1
9:00–10:00 am
(Debbie)

Yoga Level 1-2
9:00–10:00 am
(Krista)

Yoga for Balance and Stability
10:15–11:15 am
(Annette)

Pilates Total Fitness
11:30am–12:30 pm
(Annette)

Yoga Level 1
12:00–1:00 pm
(Linda)

Yoga and Mei Padam
6:15–7:15 pm
(Eduardo)

Mindfulness Meditation*
7:00–8:00 pm
(OHMC)

Flow Level 2
7:00–8:00 pm
(Jen)

Yoga Level 1
7:15–8:15 pm
(Linda)

Tuesday

Yoga Level 1
9:00–10:00 am
(Tamar)

Flow Level 2
9:30–10:30 am
(Alice)

Yoga Level 1-2
9:30–10:30 am
(Phil)

Gentle Yoga
10:00–11:15 am
(Mercedes)

Strength and Conditioning
10:30–11:30 am
(Krista)

Yoga from the Inside Out
10:30–11:45 am
(Kellie)

Gentle Yoga
5:00–6:00 pm
(Alex)

Stretch, Strengthen and Align
6:15–7:15 pm
(Alex)

Restorative Yoga
6:30–7:30 pm
(Eloise)

Wednesday

Mindfulness Meditation*
7:00–8:00 am
(OHMC)

Yoga Level 1
9:00–10:00 am
(Rachel)

Yoga Level 1-2
9:00–10:15 am
(Leyla)

Flow Level 2
10:30–11:30 am
(Rachel)

Gentle Yoga
10:30–11:30 am
(Leyla)

Pre-Teen Yoga and Mindfulness (ages 8-12)
5:00–5:45 pm
(Linda)

Relaxation and Yoga for Teens
Wed, 5:00–6:00 pm
(Cinema)
In person only

Yin Yoga
6:30–7:30 pm
(Yael)

Yoga Level 1
7:00–8:00 pm
(Linda)

Thursday

Yoga and Functional Movement
7:30–8:30 am
(Phil)

Intermediate Pilates
9:00–10:00 am
(Julie B.)

Yoga Level 1-2
9:30–10:30 am
(Phil)

Flow Level 2
10:00–11:00 am
(Steve)

Yoga Level 1
10:30–11:30 am
(Linda)

Gentle Yoga
12:00–1:00 pm
(Linda)

Yin Yoga
12:00–1:00 pm
(Rob)

Strength and Conditioning
6:00–7:00 pm
(Bretton)

Yoga Level 1-2
6:15–7:15 pm
(Julie H.)

Prenatal and Postnatal Yoga
6:30–7:30 pm
(Stephanie)

Yoga Nidra
7:30–8:30 pm
(Matthew)

Friday

Yoga Level 1-2
7:30–8:30 am
(Rachel)

Strength and Conditioning
9:00–10:00 am
(Krista)

Yoga Level 1
9:00–10:00 am
(Alex)

Flow Level 2
10:30–11:45 am
(Alice)

Flow Level 2-3
11:30 am–12:30 pm
(Jen)

Baby and Me Yoga
12:00–1:00 pm
(Elizabeth)

Mindfulness Meditation*
12:00–1:00 pm
(OHMC)

Yoga for a Healthy Back
1:00–2:00pm
(Kathy)

Kids Yoga and Mindfulness (ages 5-8)
4:30–5:15 pm
(Linda)

Saturday

Yoga Level 1-2
8:30–9:45 am
(Anjali)

Yoga Level 1
9:00–10:15 am
(Mercedes)

Yoga Level 1
9:15–10:15 am
(Delores)

Flow Level 2
10:00–11:15 am
(Wendy)

Family Yoga (ages 5+ w/adult)
10:15–11:00 am
(Tamar)

Supportive Yoga for Larger Bodies
11:00 am–12:00 pm
(Michelle)

Family Yoga (ages 2-4 w/adult)
11:15–12:00 pm
(Tamar)

Sunday

Basic Pilates
9:00–10:00 am
(Julie B.)

Wake Up Yin
9:30–10:30 am
(Matthew)

Yoga Level 1-2
10:00–11:00 am
(Rob)

Flow Level 2
10:15–11:30 am
(Rebecca)

Iyengar Yoga All Levels
10:15–11:30 am
(Sonia)

Prenatal and Postnatal Yoga
10:30–11:45 am
(Stephanie)

Gentle Yoga
11:00–12:00 pm
(Camille)

Pilates Total Fitness
5:15–6:15 pm
(Annette)

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.

