



Fall Session A

Sep 5 – Oct 29, 2023

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>Yoga Level 1 9:00-10:00 am (Debbie)</p> <p>Yoga Level 1-2 9:00-10:00 am (Krista)</p> <p>Yoga for Balance and Stability 10:15-11:15 am (Annette)</p> <p>Pilates Total Fitness 11:30am-12:30 pm (Annette)</p> <p>Yoga Level 1 12:00-1:00 pm (Linda)</p> <p>Mindfulness Meditation 7:00-8:00 pm (OHMC)</p> <p>Flow Level 2 7:00-8:00 pm (Jen)</p> <p>Yoga Level 1 7:15-8:15 pm (Linda)</p>	<p>Yoga Level 1 9:00-10:00 am (Tamar)</p> <p>Flow Level 2 9:30-10:30 am (Alice)</p> <p>Yoga and Functional Movement 9:30-10:30 am (Phil)</p> <p>Gentle Yoga 10:00-11:15 am (Mercedes)</p> <p>Strength and Conditioning 10:30-11:30 am (Krista)</p> <p>Mindful Dance 11:00 am-12:00 pm (Lisa)</p> <p>Gentle Yoga 5:00-6:00 pm (Alex)</p> <p>Stretch, Strengthen and Align 6:15-7:15 pm (Alex)</p> <p>Restorative Yoga 6:30-7:30 pm (Eloise)</p> <p>Yoga Level 1-2 7:00-8:15 pm (Kellie/Michelle)</p> <p>Yoga for Men 7:30-8:45 pm (Wes)</p>	<p>Mindfulness Meditation 7:00-8:00 am (OHMC)</p> <p>Yoga Level 1 9:00-10:00 am (Rachel)</p> <p>Yoga Level 1-2 9:00-10:15 am (Leyla)</p> <p>Flow Level 2 10:30-11:30 am (Rachel)</p> <p>Gentle Yoga 10:30-11:30 am (Leyla)</p> <p>Pre-Teen Yoga and Mindfulness (Ages 8-12) 5:00-5:45 pm (Linda)</p> <p>Relaxation and Yoga for Teens 5:00-6:00 pm (Cinema)</p> <p>Yin Yoga 6:30-7:30 pm (Yael)</p> <p>Yoga Level 1 7:00-8:00 pm (Linda)</p>	<p>Intermediate Pilates 9:00-10:00 am (Julie B.)</p> <p>Yoga and Functional Movement 9:30-10:30 am (Phil)</p> <p>Flow Level 1-2 10:00-11:00 am (Steve)</p> <p>Yoga Level 1 10:30-11:30 am (Linda)</p> <p>Chair Yoga 12:00-1:00 pm (Delores)</p> <p>Yin Yoga 12:00-1:00 pm (Rob)</p> <p>Strength and Conditioning 6:00-7:00 pm (Bretton)</p> <p>Yoga Level 1-2 6:15-7:15 pm (Julie H.)</p> <p>Prenatal and Postnatal Yoga 6:30-7:30 pm (Stephanie)</p> <p>Flow Level 2 7:30-8:30 pm (Wendy)</p> <p>Yoga Nidra 7:30-8:30 pm (Angelique)</p>	<p>Yoga Level 1-2 7:30-8:30 am (Rachel)</p> <p>Strength and Conditioning 9:00-10:00 am (Krista)</p> <p>Yoga Level 1 9:00-10:00 am (Alex)</p> <p>Flow Level 2 10:30-11:45 am (Alice)</p> <p>Flow Level 2-3 11:30 am-12:30 pm (Jen)</p> <p>Baby and Me Yoga 12:00-1:00 pm (Elizabeth)</p> <p>Mindfulness Meditation 12:00-1:00 pm (OHMC)</p> <p><i>Coming soon!</i> Free Community Class 4:30-5:15 pm (CYTT Grads)</p> <p>Kids Yoga and Mindfulness (ages 5-10) 4:30-5:15 pm (Linda)</p>	<p>Yoga Level 1-2 8:30-9:45 am (Anjali)</p> <p>Yoga Level 1 9:00-10:00 am (Delores)</p> <p>Yoga Level 1 9:00-10:15 am (Mercedes)</p> <p>Strength and Conditioning 9:30-10:30 am (Isabel)</p> <p>Family Yoga (Ages 5-10) 10:15-11:00 am (Tamar)</p> <p>Flow Level 2 10:30-11:45 am (Wendy)</p> <p>Supportive Yoga for Larger Bodies 11:00 am-12:00 pm (Michelle)</p> <p>Family Yoga (Ages 2-4) 11:15 am-12:00 pm (Tamar)</p>	<p>Yoga Level 1 8:45-9:45 am (Angelique)</p> <p>Basic Pilates 9:00-10:00 am (Julie B.)</p> <p>Wake Up Yin 10:00-11:00 am (Angelique)</p> <p>Prenatal and Postnatal Yoga 10:15-11:30 am (Stephanie)</p> <p>Iyengar Yoga All Levels 10:15-11:30 am (Sonia)</p> <p>Flow Level 2 10:30-11:45 am (Rebecca)</p> <p>Yoga Level 1-2 11:00 am-12:00 pm (Rob)</p> <p>Gentle Yoga 11:30-12:30 pm (Camille)</p> <p>Yoga for a Healthy Back 5:00-6:00 pm (Bonnie)</p> <p>Pilates Total Fitness 5:15-6:15 pm (Annette)</p>

Most classes are **hybrid**, offered both in-studio and via Zoom. Classes marked with an **IP** are in-person only. Classes marked with a **V** are virtual-only. Those marked with an **O** are offered through Opening Heart Mindfulness Community