

Circle Yoga Class Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
Qigong 8:30-9:30 am (Leyla) Yoga Level 1-2 8:45-9:45 am (Krista) Yoga Level 1 9:00-10:00 am (Debbie H.) Chair Yoga for Balance and Stability 10:15-11:15 am (Eileen) Flow Level 2 10:30-11:30 am (Stephanie P.) Strength Foundations Level 1 12:00-1:00 pm (Rachel) Yoga Level 1 12:00-1:00 pm (Linda) Strength Foundations: Slow and Steady 5:30-6:30 pm (Caryn) Flow Level 2 6:30-7:30 pm (Trisha) Yoga Level 1 7:00-8:00 pm (Linda) Mindfulness Meditation (O) 7:00-8:30 pm	Tai Chi Easy™ 9:00-10:00 am (Robin) <i>returns Sep 29</i> Yoga Level 1 9:15-10:15 am (Anne) Yoga and Functional Movement (V) 9:30-10:30 am (Phil) Gentle Yoga (V) 10:00-11:15 am (Mercedes) Flow Level 2-3 10:15-11:30 am (Alice) Yoga Level 1-2 10:30-11:45 am (Anne) Strength Foundations Level 1 12:00-1:00 pm (Krista) Strength Foundations Level 2 1:15-2:15 pm (Marian) Gentle Yoga 5:00-6:00 pm (Alex) Yoga Level 1-2 5:45-6:45 pm (Aida) Strength Foundations Level 1-2 6:30-7:30 pm (Maria) Flow Level 2 7:00-8:00 pm (Debbie B.) Yin Yoga 7:00-8:00 pm (Aida)	Mindfulness Meditation (O) 7:00-8:00 am Yoga Level 1 8:30-9:30 am (Rachel) Yoga Level 1-2 9:00-10:15 am (Leyla) Flow Level 2 10:00-11:00 am (Rachel) Gentle Yoga 10:30-11:30 am (Leyla) Gentle Yoga with Weights 11:30 am-12:30 pm (Alex) Flow Level 2 12:15-1:15 pm (Alice) Unwind & Shine for Preteens 5:00-5:45 pm (Linda) <i>Sep 16-Oct 14 no class Sep 30</i> Yin Yoga 6:00-7:00 pm (Yael) Yoga Level 1 7:00-8:00 pm (Linda) Pilates Level 1 7:00-8:00 pm (Meghan)	Yoga and Functional Movement (V) 7:00-8:00 am (Phil) Pilates Level 1-2 9:00-10:00 am (Julie) Yoga Level 1-2 9:00-10:00 am (Linda) Gentle Yoga Flow 9:30-10:30 am (Phil) Yoga Level 1 10:30-11:30 am (Linda) Chair Yoga for Balance and Stability 12:00-1:00 pm (Eileen) Yoga Level 1-2 12:00-1:00 pm (Wendy) Strength Foundations Level 1 1:15-2:15 pm (Johanna D.) Gentle Yoga 5:00-6:00 pm (Angelique) Asana Lab 5:30-6:45 pm (Tara) Prenatal Yoga 6:30-7:30 pm (Stephanie P.) Flow Level 2 6:30-7:30 pm (Rebecca) Restorative Yoga 7:00-8:00 pm (Tara)	Yoga Level 1-2 7:30-8:30 am (Rachel) Strength Foundations Level 1-2 8:45-9:45 am (Krista) Yoga Level 1 9:00-10:00 am (Alex) Flow Level 2 10:15-11:30 am (Alice) Gentle Yoga with Weights 10:30-11:30 am (Alex) Baby and Me Yoga 12:00-1:00 pm (Elizabeth) Mindfulness Meditation (O) 12:00-1:00 pm Flow Level 2 (IP) 12:15-1:15 pm (Alice) Kids Yoga and Mindfulness (IP) ages 5-9 4:30-5:30 pm (Linda) <i>starts Sep 18</i> Yoga Level 1-2 4:30-5:30 pm (Lisa) Restorative Yoga with Sound Bowls 6:00-7:00 pm (Eloise)	Flow Level 2 8:00-9:00 am (Stephanie M.) Yoga Level 1-2 8:30-9:30 am (Anjali) Yoga Level 1 9:00-10:00 am (Eileen) Yoga Level 1 (V) 9:15-10:30 am (Mercedes) Slow Flow and Restore 9:30-10:45 am (Johanna O.) Flow Level 2 10:00-11:15 am (Blerta) Supportive Yoga for Larger Bodies 10:30-11:30 am (Caryn) FREE Community Class (IP) 11:15 am-12:15 pm (CYTT Grads) Family Yoga (IP) ages 2-4 11:30 am -12:15 pm (Jeanne)	Yoga Level 1-2 8:45-10:00 am (Johanna D.) Pilates Level 1 8:45-9:45 am (Julie) Restorative Yoga with Sound Bowls 9:00-10:00 am (Eloise) Flow Level 2 10:00-11:15 am (Rebecca) Yin Yoga 10:15-11:15 am (Angelique) Prenatal Yoga 10:30-11:45 am (Michelle C.) Iyengar All Levels (V) 11:00 am-12:00 pm (Sonia) Gentle Yoga 11:30 am-12:30 pm (Camille) Yoga and Fascial Release 11:30 am-12:30 pm (Angelique) Yoga for a Healthy Back 5:00-6:00 pm (Bonnie) Pilates Level 1-2 5:15-6:15 pm (Meghan) Sunday Slowdown 6:15-7:30 pm (Matthew)

V = virtual only
IP = in-person only
O = offered by the Opening Heart Mindfulness Community

updated 9/7/26

It's easy to **be** here

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