Circle Yoga Class Schedule

MON

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
6:00-7:00 pm
(Caryn)

Yoga Level 1
7:00-8:00 pm
(Linda)

Mindfulness Meditation (O)
7:00-8:30 pm

TUE

Tai Chi Easy™
9:00-10:00 am
(Robin)

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)

WED

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)
December 2-16

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)

THU

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
1:30-2:30 pm
(Johanna D.)

Gentle Yoga
5:00-6:00 pm
(Angelique)

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)

FRI

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)

Yoga Level 1-2
4:30-5:30 pm
(Lisa)

Restorative Yoga with Sound Bowls
6:00-7:00 pm
(Eloise)

SAT

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)

V = virtual only

IP = in-person only

O = offered by the Opening Heart Mindfulness Community

SUN

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)

updated 11/11/26

It's easy to **be** here

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