

# Windsor Terrace Fall Class Schedule

(Oct 2024)

(v) - Online (s) - in studio (o) - outdoor (h)- hybrid

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:20 am (s) <b>Mat Pilates</b> All Levels Jennifer Kurdyla	7:30-8:30 am (s) <b>Yoga Flow</b> All Levels Lisa Jill Anderson		7:30-8:30 am (s) <b>Yoga Flow</b> All Levels Lisa Jill Anderson			
9:00 - 10:00 am (s) <b>Strengthen: Flow</b> Moderato Jennifer Kurdyla	9:00-9:50 am (s) <b>Strengthen: Flow</b> All Levels Lisa Jill Anderson	9:00 - 10:00 am (s) <b>Yoga Blend</b> All Levels Shamina Rao	9:00-9:50 am (s) <b>Yoga Blend</b> All Levels Lisa Jill Anderson	8:30 - 9:20 am (o) <b>Outdoor: Flow</b> Prospect Park Moderato Dena Levitz	8:00 - 9:00 am (s) <b>Yoga Blend</b> All Levels Shamina Rao	
10:30-11:30 am (s) <b>Gentle Yoga</b> Lento Erika Munro	9:00 - 10:30 am (v) <b>Therapeutic Yoga Online</b> All Levels Evalena Leedy	9:30 - 10:45 am (v) <b>Therapeutic Yoga Online</b> All Levels Hannah Gruber	10:15-11:15 am (s) <b>Gentle Yoga</b> Lento Lisa Jill Anderson	10:00-10:50 am (h) <b>Strengthen: Core Fusion</b> Allegro Sunee LaClaire	9:30 - 10:30 am (s) <b>Yoga Flow</b> All Levels Lisa Jill Anderson	9:30 - 10:30 am (s) <b>Community: Flow</b> All Levels Community Class
12:00-1:00 pm (h) <b>Strength &amp; Stretch: Fusion</b> Moderato Erika Munro	10:15-11:15 am (s) <b>Gentle Yoga</b> Lento Lisa Jill Anderson	10:30-11:30 am (s) <b>Strengthen: Core &amp; Restore</b> All levels Jennifer Lamberts Stanton	11:30-12:20 pm (s) <b>Strength &amp; Stretch: Fusion</b> All levels Jennifer Kurdyla	11:15-12:15 pm (s) <b>Tension Release Yoga</b> All Levels Sunee LaClaire	11:00 - 12:15 pm (s) <b>Yoga Blend</b> Moderato Lisa Anderson	11:00- 12:15 pm (h) <b>Yoga Blend</b> (studio)&(online) All Levels Dena Levitz
		3:30-4:20 pm (s) <b>Yoga Blend</b> All levels Sunee LaClaire	6:00 - 7:00 am (o) <b>Outdoor: Flow</b> Prospect Park All Levels Jennifer Lamberts Stanton			3:30 - 4:30 pm (s) <b>Gentle Yoga</b> Lento Hannah Gruber
6:00 - 7:00 pm (s) <b>Yoga Foundations</b> Intro Hannah Gruber	6:00 - 7:00 pm (s) <b>Yoga: Flow</b> All Levels Djinn Vinci	5:30 - 6:30 pm (s) <b>PreNatal Yoga</b> Lento Shamina Rao	6:15 - 7:15 pm (s) <b>Teen Yoga</b> All levels Sara Newman	1st Friday 6:00-7:00 pm (s) <b>Sound Bath</b> Stephanie Thompson	4:00 - 5:15 pm (v) <b>Therapeutic Yoga Online</b> All Levels Evalena Leedy	5:00 - 6:15 pm (h) <b>Yin &amp; Yoga Nidra</b> (studio)&(online) All Levels Hannah Gruber
7:30 - 8:30 pm (h) <b>Stretch: Flow</b> (studio)&(online) Moderato Hannah Gruber	7:30 - 8:30 pm (s) <b>Community: Flow</b> All Levels Community Class	7:30-8:30 pm (s) <b>Yoga Blend</b> All levels Lisa Jill Anderson	7:30 - 8:30 pm (s) <b>Community: Flow</b> All Levels Community Class			
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