

Summer Class Schedule

See our website for teacher bios and class descriptions.

(July 2024)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 am (s) Strengthen: Flow Moderato Jennifer Lamberts Stanton	9:00-9:50 am (s) Yoga Blend All Levels Lisa Jill Anderson	9:00 - 10:00 am (s) Yoga Blend All Levels Shamina Rao	8:30-9:30 am (s) Yoga Blend All Levels Lisa Jill Anderson	8:30 - 9:20 am (o) Outdoor Strengthen: Flow Prospect Park Moderato Dena Levitz	8:00 - 9:00 am (s) Yoga Blend All Levels Shamina Rao	
10:30-11:30 am (s) Gentle Yoga All levels Jennifer Kurdyla	9:00 - 10:30 am (v) Therapeutic Yoga Online All Levels Evalena Leedy	9:30 - 10:45 am (v) Therapeutic Yoga Online All Levels Hannah Gruber	10:00-11:00 am (s) Gentle Yoga All levels Lisa Jill Anderson	10:00-10:50 am (s) Strengthen: Core Fusion Allegro Sunee LaClaire	9:30 - 10:30 am (s) Yoga Flow All Levels Lisa Jill Anderson	9:00 - 10:00 am (s) Outdoor Community: Flow Prospect Park All Levels Community Class
12:00-1:00 pm (s) Strength & Stretch: Fusion Moderato Jennifer Kurdyla	10:15-11:00 am (s) Gentle Yoga All levels Lisa Jill Anderson	10:30-11:30 am (s) Strengthen: Core & Restore All levels Sunee LaClaire	11:30-12:20 pm (s) Strength & Stretch: Fusion All levels Jennifer Kurdyla	11:15-12:15 pm (s) Tension Release Yoga All Levels Sunee LaClaire	11:00 - 12:15 pm (s) Yoga Blend Moderato Lisa Anderson	11:00- 12:15 pm (h) Yoga Blend (studio)&(online) All Levels Dena Levitz
	6:00 - 7:00 pm (s) Qi Gong Lento / Intro Talia Steiger					
	6:00 - 7:00 pm (o) Strengthen Outdoor: Flow Prospect Park All Levels Djinn Vinci	5:30 - 6:30 pm (s) PreNatal Yoga Lento Shamina Rao	6:00 - 7:00 pm (o) Outdoor: Flow Prospect Park All Levels Jennifer Lamberts Stanton		4:00 - 5:15 pm (v) Therapeutic Yoga Online All Levels Evalena Leedy	5:00 - 6:15 pm (h) Yin & Yoga Nidra (studio)&(online) All Levels Talia Stieger
7:00 - 8:00 pm (s) Stretch: Flow Moderato Jennifer Lamberts Stanton	7:30 - 8:30 pm (s) Community: Flow All Levels Community Class	7:30-8:30 pm (s) Yoga Blend All levels Lisa Jill Anderson	7:30 - 8:30 pm (s) Community: Flow All Levels Community Class			
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YogaSole Class Levels: Lento = Slow/Intro Moderato = Moderate Allegro = Advanced