

# January – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 29 <i>* Asterisk denotes offerings not open to CCS consumers</i>	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4
			<b>Chakra-Balancing Flow</b> with Jeanne, 5-6:15 p.m., East		<b>*Aerial Yoga single class</b> with Jeanne, 5:30-6:30 p.m., East	
5	6	7	8	9	10	11
	<b>*Aerial Yoga single class</b> with Jamie, 5:30-6:30- p.m., East  <b>Yoga for Bigger Bodies single class</b> with Valerie, 5:30-6:30 p.m., VERONA	<b>Insight Flow single class</b> with Jeanne, 5:30-6:30 p.m., East  <b>*Create a Vision Board</b> with Kelly and McKenzie, 5:30-7:30 p.m., VERONA	<b>*Aerial Yoga single class</b> with Jamie, noon-1 p.m., East	<b>Slow Flow single class</b> with Claire, noon-1 p.m., East <b>Insight Flow single class</b> with Valerie, 5:30-6:30 p.m., East <b>Slow Flow single class</b> with Aimee, 6:30-7:45 p.m., VERONA <b>Yin Yoga single class</b> with Valerie, 6:45-8 p.m., East	<b>Restorative single class</b> with Valerie, noon-1 p.m., East <b>Fire Flow single class</b> with Katie, 5-6 p.m., VERONA <b>Fire Flow single class</b> with Rachel, 5:30-6:30 p.m., East	
12	13	14	15	16	17	18
<b>WINTER 1 SERIES START THIS WEEK – REGISTER FOR ALL EIGHT WEEKS</b>  <b>Restorative Yoga 8 weeks</b> with Savannah, 4:30-5:30 p.m., East	<b>Gentle Yoga 8 weeks</b> with Nikki, noon-1 p.m., East <b>*Aerial Yoga 8 weeks</b> with Jamie, 5:30-6:30- p.m., East <b>Yoga for Anxiety 8 weeks</b> with Mary, 4:30-5:30, <i>virtual</i> <b>Yoga for Bigger Bodies 8 weeks</b> with Valerie, 5:30-6:30 p.m., VERONA	<b>Yoga Nidra 8 weeks</b> with Mary, noon-12:45 p.m., <i>virtual</i>  <b>Insight Flow 8 weeks</b> with Jeanne, 5:30-6:30 p.m., East	<b>*Aerial Yoga 8 weeks</b> with Jamie, noon-1 p.m., East	<b>Chair Yoga 8 weeks</b> with Valerie, 10-11 a.m., <i>virtual</i> <b>Slow Flow 8 weeks</b> with Claire, noon-1 p.m., East <b>Insight Flow 8 weeks</b> with Valerie, 5:30-6:30 p.m., East <b>Slow Flow 8 Weeks</b> with Aimee, 6:30-7:45 p.m., VERONA <b>Yin Yoga 8 Weeks</b> with Valerie, 6:45-8 p.m., East	<b>Restorative 8 weeks</b> with Valerie, noon-1 p.m., East  <b>Fire Flow 8 Weeks</b> with Katie, 5-6 p.m., VERONA  <b>Fire Flow 8 Weeks</b> with Rachel, 5:30-6:30 p.m., East	
19	20	21	22	23	24	25
<b>*Aerial Sound Bath</b> , 6-7 p.m., East			<b>Yoga for Trauma and Chronic Stress 6 weeks</b> with Nikki, 5:30-7 p.m., East			
26	27	28	29	30	31	Feb 1
			<b>New Moon Yoga Nidra</b> with Savannah, 7:30-8:30 p.m., East			<b>*Intuitive Eating Retreat</b> with Jeanne, 10-4 p.m., East