

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
			Chakra-Balancing Flow with Jeanne, 5-6:15 p.m., East		*Aerial Yoga single class with Jeanne, 5:30-6:30 p.m., East	
5 Restorative Yoga single class with Savannah, 4:30-5:30 p.m., East	6 *Aerial Yoga single class with Jamie, 5:30-6:30 p.m., East Yoga for Bigger Bodies single class with Valerie, 5:30-6:30 p.m., VERONA	7 Insight Flow single class with Jeanne, 5:30-6:30 p.m., East *Create a Vision Board with Kelly and McKenzie, 5:30-7:30 p.m., VERONA	8 *Aerial Yoga single class with Jamie, noon-1 p.m., East	9 Slow Flow single class with Claire, noon-1 p.m., East Insight Flow single class with Valerie, 5:30-6:30 p.m., East Slow Flow single class with Aimee, 6:30-7:45 p.m., VERONA Yin Yoga single class with Valerie, 6:45-8 p.m., East	10 Restorative single class with Valerie, noon-1 p.m., East Fire Flow single class with Katie, 5-6 p.m., VERONA Fire Flow single class with Rachel, 5:30-6:30 p.m., East	11
12 WINTER 1 SERIES START THIS WEEK – REGISTER FOR ALL EIGHT WEEKS Restorative Yoga 8 weeks with Savannah, 4:30-5:30 p.m., East	13 Gentle Yoga 8 weeks with Nikki, noon-1 p.m., East *Aerial Yoga 8 weeks with Jamie, 5:30-6:30 p.m., East Yoga for Anxiety 8 weeks with Mary, 4:30-5:30, <i>virtual</i> Yoga for Bigger Bodies 8 weeks with Valerie, 5:30-6:30 p.m., VERONA	14 Yoga Nidra 8 weeks with Mary, noon-12:45 p.m., <i>virtual</i> Insight Flow 8 weeks with Jeanne, 5:30-6:30 p.m., East	15 *Aerial Yoga 8 weeks with Jamie, noon-1 p.m., East	16 Chair Yoga 8 weeks with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow 8 weeks with Claire, noon-1 p.m., East Insight Flow 8 weeks with Valerie, 5:30-6:30 p.m., East Slow Flow 8 Weeks with Aimee, 6:30-7:45 p.m., VERONA Yin Yoga 8 Weeks with Valerie, 6:45-8 p.m., East	17 Restorative 8 weeks with Valerie, noon-1 p.m., East Fire Flow 8 Weeks with Katie, 5-6 p.m., VERONA Fire Flow 8 Weeks with Rachel, 5:30-6:30 p.m., East	18
19 *Aerial Sound Bath , 6-7 p.m., East	20	21	22 Yoga for Trauma and Chronic Stress 6 weeks with Nikki, 5:30-7 p.m., East	23	24	25
26	27	28	29 New Moon Yoga Nidra with Savannah, 7:30-8:30 p.m., East	30	31	Feb 1 *Intuitive Eating Retreat with Jeanne, 10-4 p.m., East