

March – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Essential Yoga with Jeanne, 6-7:15 p.m. East	3	4	5 Yoga for Trauma Group 8 weeks with Nikki, 5:30-7 p.m., East	6	7	8
9	10 MAKEUP WEEK FOR WINTER 1 CLASSES	11	12	13	14	15
16 <i>* Asterisk denotes offerings not open to CCS consumers</i> *Aerial Sound Bath with Jeanne, 6-7 p.m. East	17 Gentle Yoga 8 Weeks with Nikki, noon-1 p.m., East Slow Flow 8 Weeks with Valerie, noon-1 p.m., VERONA Yoga for Resilience 8 Weeks with Mary, 4:30-5:30 p.m., <i>virtual</i> *Aerial Yoga 8 Weeks with Jeanne, 5:30-6:30 p.m. East Yoga for Bigger Bodies 8 Weeks with Valerie, 5:30-6:30 p.m., VERONA	18 Slow Flow 8 Weeks with Valerie, noon-1 p.m., East Insight Flow 8 Weeks with Jeanne, 5:30-6:30 p.m. East	19 Slow Flow 8 Weeks with Rachel S, noon-1 p.m., East Slow Flow 8 Weeks with Katie, 12:30-1:30 p.m., VERONA	20 Chair Yoga 8 Weeks with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow 8 Weeks with Claire, noon-1 p.m., East Yoga Nidra 8 Weeks with Mary, 12-12:45 p.m., <i>virtual</i> 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 8 Weeks with Valerie, 6:45-8 p.m., East	21 Restorative 8 Weeks with Valerie, noon-1 p.m., East	22 Yoga for OCD with Katie, 1-2:30 p.m., VERONA
23	24	25	26	27	28	29 Yoga for Bigger Bodies workshop with Valerie, 10 a.m.-noon, East
30	31	April 1	April 2	April 3	April 4	April 5