

May – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 27 * Asterisk denotes offerings not open to CCS consumers	April 28 Slow Flow with Valerie, 12-1 p.m., VERONA	April 29 Slow Flow with Valerie, 12-1 p.m., East New Moon Yoga Nidra with Savannah, 7-8 p.m., East	April 30 Slow Flow with Rachel, 12-1 p.m., East	May 1 Slow Flow with Aimee, 6:30-7:45 p.m., VERONA Yin with Valerie, 6:45-8 p.m., East	May 2 Yoga for Teens with Claire and Kate 10-11:30 a.m., East or 1:30-3 p.m., East	May 3
4 Last week of 8-week courses	5 Slow Flow with Valerie, 12-1 p.m., VERONA	6 Slow Flow with Valerie, 12-1 p.m., East	7 Slow Flow with Rachel, 12-1 p.m., East	8 Slow Flow with Aimee, 6:30-7:45 p.m., VERONA Yin with Valerie, 6:45-8 p.m., East	9	10
11 Essential Yoga with Jeanne, 5-6:15 p.m. East	12 Slow Flow with Valerie, 12-1 p.m., VERONA Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., VERONA	13 Slow Flow with Katie, 12-1 p.m., East Insight Flow with Jeanne, 5:30-6:30 p.m., AVENTINE PATIO	14 Gentle Yoga with Nikki, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA Gentle Yoga with Nidra with Nikki, 5:30-6:45 p.m., East	15 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow with Claire, Noon-1 p.m., East Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	16 *Aerial Yin with Valerie, 10 a.m.-noon, East	17
18 *Aerial Sound Bath with Miranda, 5-6 p.m. East	19 Slow Flow with Valerie, 12-1 p.m., VERONA Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., VERONA	20 Slow Flow with Katie, 12-1 p.m., East Insight Flow with Jeanne, 5:30-6:30 p.m., East	21 Gentle Yoga with Rachel, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA	22 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow with Claire, Noon-1 p.m., East Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	23 Restorative with Valerie, noon-1 p.m., East	24
25 MEMORIAL DAY NO CLASSES	26	27 Slow Flow with Katie, 12-1 p.m., East Insight Flow with Jeanne, 5:30-6:30 p.m., East	28 Gentle Yoga with Nikki, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA	29 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Slow Flow with Claire, Noon-1 p.m., East Patio Flow with Savannah, 5:30-6:30 p.m., AVENTINE PATIO Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	30 Restorative with Valerie, noon-1 p.m., East	31