

July yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 <i>* Asterisk denotes offerings not open to CCS consumers</i>	7 Slow Flow with Valerie, 12-1 p.m., VERONA Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., VERONA *Aerial Foundations with Jeanne, 5:30-6:30 p.m., East	8 Slow Flow with Katie, 12-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m., East	9 Gentle Yoga with Nikki, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Flow with Jeanne, 5:30-6:30 p.m., East	10 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 Yin with Valerie, 6:45-8 p.m., East	11 Restorative with Valerie, noon-1 p.m., East	12
13	14 Slow Flow with Valerie, 12-1 p.m., VERONA Yoga for Energy Healing with Mary, 4:30-5:30 p.m., <i>virtual</i> Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., VERONA *Aerial Foundations with Jeanne, 5:30-6:30 p.m., East	15 Slow Flow with Katie, 12-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m., East	16 Gentle Yoga with Rachel, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga for Bigger Bodies with Valerie, 5:30-6:30, East	17 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	18 Restorative with Valerie, noon-1 p.m., East	19
20	21 Slow Flow with Valerie, 12-1 p.m., VERONA Yoga for Energy Healing with Mary, 4:30-5:30 p.m., <i>virtual</i> Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., VERONA	22 Slow Flow with Katie, 12-1 p.m., East Patio Flow with Rachel, 5:30-6:30 p.m., AVENTINE	23 Gentle Yoga with Nikki, 12-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA	24 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	25 Restorative with Valerie, noon-1 p.m., East	26 Gentle Sound Bath with Valerie, 10-11 a.m., VERONA
27 *Aerial Sound Bath with Angela, 8:30-9:30 a.m. East *Aerial Sound Bath with Angela, 10-11 a.m. East NOTE TWO MORNING TIMES!	28 Slow Flow with Valerie, 12-1 p.m., VERONA Yoga for Energy Healing with Mary, 4:30-5:30 p.m., <i>virtual</i> Yoga for Bigger Bodies with Valerie, 5:30-6:30 p.m., VERONA	29 Slow Flow with Katie, 12-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m., East Yoga Nidra for Sleep with Savannah, 7:30 p.m., East	30 Gentle Yoga with Rachel, 12-1 p.m., East Insight Flow with Katie, 12:30-1:30 p.m., VERONA	31 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	Aug 1 Restorative with Valerie, noon-1 p.m., East	Aug 2