

January yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec. 28 <i>* Asterisk denotes offerings not open to CCS consumers</i>	Dec. 29	Dec. 30	Dec. 31	1	2	3
4 *Aerial Yoga Foundations with Jeanne, 4-5 p.m. East *Aerial Chakra Flow with Jeanne, 5:30-6:30 p.m. East	5 Gentle Yoga (45 min) with Savannah, noon-12:45 p.m., East Slow Flow with Valerie, noon-1 p.m., VERONA Setting Intentions for the New Year with Mary 4:30–5:30 p.m. (Virtual) Yoga for Better Sleep with Valerie, 5:30-6:30 p.m., VERONA	6 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m. East	7 Gentle Yoga with Nikki, noon-1 p.m., East Slow Flow with Valerie, 12:30-1:30 p.m., VERONA *Aerial Yoga Foundations with Jeanne, 5:30-6:30 p.m. East * Create your Vision for 2026 with Kelly, 5:30-8:30, Verona	8 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow with Claire, noon-1 p.m., East Yoga Nidra (45 min) with Mary, 12-12:45 p.m., <i>virtual</i> Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	9 Restorative Yoga with Valerie, noon-1 p.m., East	10 *Aerial Yin with Valerie, 10-11 a.m. East
11 *Aerial Yoga Foundations with Jeanne, 4-5 p.m. East	12 Gentle Yoga 8 Weeks (45 min) with Savannah, noon-12:45 p.m., East Slow Flow 8 Weeks with Valerie, noon-1 p.m., VERONA Virtual Restorative with Mary, 7-8 p.m., <i>virtual</i>	13 Slow Flow 8 Weeks with Katie, noon-1 p.m., East Insight Flow 8 Weeks with Mary, 5:30-6:30 p.m. East Restorative 8 Weeks with Jessi, 6:45-7:45 p.m., East	14 Gentle Yoga 8 Weeks with Nikki, noon-1 p.m., East Slow Flow 8 Weeks with Valerie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow 8 Weeks with Jeanne, 5:30-6:30 p.m. East	15 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 (45 min) with Mary, 12-12:45 p.m., <i>virtual</i> Insight Flow 8 Weeks with Valerie, 5:30-6:30 p.m., East Yin 8 Weeks with Valerie, 6:45-8 p.m., East	16 Live Our Yoga 8 Weeks with Valerie, 10-11 a.m., East Restorative 8 Weeks with Valerie, noon-1 p.m., East Friday Flow 8 Weeks with Jessi, 5-6 p.m. *Yoga for Disordered Eating training for mental health professionals, 9 a.m.- 4 p.m., East	17
18 *Aerial Sound Bath with Miranda, 5-6 p.m. East	19 Yoga and Myofascial Release with Valerie, 5:30-6:30 p.m., VERONA	20	21	22	23	24 *Aerial Restorative with Valerie, 10-11 a.m. East
25	26	27	28	29	30	31