

December yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov. 30 <i>* Asterisk denotes offerings not open to CCS consumers</i>	Dec. 1	2	3	4	5	6 Healing After Loss with Mary, 10 a.m.-noon, East
7	8 Core Aware – Yoga & Pilates for Every Body with Valerie, 5:30-6:30 p.m., VERONA *Aerial Yoga Foundations with Jeanne, 5:30-6:30 p.m. East	9	10 * Create your Vision for 2026 with Kelly, 5:30-8:30, Verona	11	12	13
14 *Aerial Yoga for Bigger Bodies with Valerie, 10-11 a.m., East	15 *Aerial Yoga Foundations with Jeanne, 5:30-6:30 p.m. East	16	17	18	19	20
21 *Aerial Sound Bath with Angela, 5:30-6:30 p.m. East	22	23	24 NO CLASSES -- HOLIDAY	25 NO CLASSES -- HOLIDAY	26 NO CLASSES -- HOLIDAY	27
28	29	30	31 NO CLASSES -- HOLIDAY	Jan. 1 Chakra-Balancing Flow with Jeanne, 4-5:15 p.m., East	Jan. 2	Jan. 3