

March yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <small>* Asterisk denotes offerings not open to CCS consumers</small>	2 *Aerial Yoga Foundations with Jeanne, 5:30-6:30 p.m., East Core Aware with Valerie, 5:30-6:30 p.m., Verona	3	4	5	6 Friday Flow with Jessi, 5-6 p.m., East	7 *Aerial Yin with Valerie, 10-11 a.m., East
8 *Aerial Yoga Foundations with Jeanne, 5-6 p.m., East	9 MAKEUP WEEK FOR WINTER 1 CLASSES	10	11	12 *Aerial Yoga Teacher Training	13 *Aerial Yoga Teacher Training	14 *Aerial Yoga Teacher Training
15 *Aerial Yoga Teacher Training	16 Yoga Nidra 8 Weeks with Savannah, 12-12:45 p.m., <i>virtual</i>	17 Slow Flow 8 Weeks with Katie, noon-1 p.m., East Insight Flow 8 Weeks with Mary, 5:30-6:30 p.m. East	18 Gentle Yoga 8 Weeks with Nikki, noon-1 p.m., East Slow Flow 8 Weeks with Valerie/Katie, 12:30-1:30 p.m., VERONA	19 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 Yin 8 Weeks with Valerie, 6:45-8 p.m., East	20 Living Your Yoga 8 Weeks with Valerie, 10-11 a.m., <i>virtual</i> Restorative 8 Weeks with Valerie, noon-1 p.m., East	21
22	23 Gentle Sound Bath with Valerie, 5:30-6:30 p.m., Verona	24	25	26	27	28
29	30	31	April 1	April 2	April 3	April 4