

May – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 26 <i>* Asterisk denotes offerings not open to CCS consumers</i>	April 27 *Aerial Yoga Foundations with Jeanne, 5:30-6:30 p.m., East	April 28 Slow Flow with Katie, noon-1 p.m., East Restorative Yoga with Jessi, 6:45-7:45 p.m., East	April 29 Gentle Yoga with Nikki, noon-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA	April 30	May 1 Restorative with Valerie, noon-1 p.m., East Friday Flow with Jessi, 5-6 p.m., East	May 2
3 *Silent Day Retreat with Angela and Jeanne, 9 a.m.-4 p.m., VERONA	4 *Aerial Restorative with Angela, 5:30 p.m. East *Aerial Sound Bath with Angela, 6:45 p.m. East	5 Slow Flow with Katie, noon-1 p.m., East Restorative Yoga with Jessi, 6:45-7:45 p.m., East	6 Gentle Yoga with Nikki, noon-1 p.m., East Slow Flow with Katie, 12:30-1:30 p.m., VERONA	7	8 Restorative with Valerie, noon-1 p.m., East Insight Karma with Katie, 3-4 p.m., East	9
10 Pilates Flow with Jeanne, 4:30-5:30 p.m., East	11 Make-up week for Spring 8-week session *Aerial Yin with Valerie, 5:30 p.m. East	12 Patio Flow with Claire, 5:30 p.m., Aventine patio	13	14	15 Restorative with Valerie, noon-1 p.m., East Insight Karma with Katie, 3-4 p.m., East	16
17 *Aerial Restorative with Angela, 4:15 p.m. East *Aerial Sound Bath with Angela, 5:30 p.m. East	18 *Aerial Yoga Flow 6 Weeks with Jeanne, noon-1 p.m. East *Aerial Yoga Foundations with Jeanne, 5:30-6:30 p.m., East *Aerial Nidra with Jeanne, 6:45-7:45 p.m., East	19 Slow Flow 6 Weeks with Katie, noon-1 p.m., East Insight Flow 6 Weeks with Mary, 5:30-6:30 p.m. East Restorative Yoga 6 Weeks with Jessi, 6:45-7:45 p.m., East	20 Slow Flow 6 Weeks with Valerie/Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow 6 Weeks with Jeanne, 5:30-6:30 p.m. East	21 Chair Yoga 6 Weeks with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow 6 Weeks with Claire, noon-1 p.m., East Yoga Nidra 6 Weeks with Mary, 12-12:45 p.m., <i>virtual</i> Insight Flow 6 Weeks with Valerie, 5:30-6:30 p.m., East Yin 6 Weeks with Valerie, 6:45-8 p.m., East	22 Restorative 6 Weeks with Valerie, noon-1 p.m., East Insight Karma with Katie, 3-4 p.m., East	23
24	25 Memorial Day No classes	26 Series continue – drop-in registration available	27	28 Patio Flow with Jessi, 5:30 p.m., Aventine patio	29	30