

# May – all locations

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