

July yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 <i>* Asterisk denotes offerings not open to CCS consumers</i>	6 *Aerial Core Aware with Valerie, 5:30-6:30 p.m., East	7 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30- p.m. East Patio Flow with Claire, 5:30-6:30 p.m., Aventine	8 Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Restorative with Angela, 5:30 p.m. East *Aerial Sound Bath with Angela, 6:45 p.m. East	9 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow with Claire, noon-1 p.m., East Yoga Nidra 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	10 Restorative with Valerie, noon-1 p.m., East	11 *Mindful Movement, Art & Play with Jessi, 10 a.m.-1 p.m., East
12	13 *Aerial Core Aware with Valerie, 5:30-6:30 p.m., East	14 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30- p.m. East Restorative Yoga with Jessi, 6:45-7:45 p.m., East	15 Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Foundations with Sophie, 5:30-6:30 p.m., East	16 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow with Claire, noon-1 p.m., East Yoga Nidra 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	17 Restorative with Valerie, noon-1 p.m., East	18 *Aerial Yin with Valerie, 10-11 a.m. East *Aerial Nidra with Valerie, 11:15-noon, East
19	20 *Aerial Core Aware with Valerie, 5:30-6:30 p.m., East	21 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30- p.m. East Restorative Yoga with Jessi, 6:45-7:45 p.m., East	22 Slow Flow with Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Sophie, 5:30-6:30- p.m. East	23 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow with Claire, noon-1 p.m., East Yoga Nidra with Mary, 12-12:45 p.m., <i>virtual</i> Patio Flow with Jessi, 5:30-6:30 p.m., Aventine Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	24 Restorative with Valerie, noon-1 p.m., East	25
26	27 *Aerial Core Aware with Valerie, 5:30-6:30 p.m., East	28 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30- p.m. East Restorative Yoga with Jessi, 6:45-7:45 p.m., East	29 Slow Flow with Valerie/Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Foundations with Sophie, 5:30-6:30- p.m. East	30 Chair Yoga with Valerie, 10-11 a.m., <i>virtual</i> Slow Flow with Claire, noon-1 p.m., East Yoga Nidra 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	31 Restorative with Valerie, noon-1 p.m., East	Aug 1