December yoga – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov. 29 ** Asterisk denotes offerings not open to CCS consumers*	Nov. 30 **Gentle Yoga 6 Weeks** with Valerie, noon-1 p.m., East **Core Aware on the Mat 6 Weeks** with Valerie, 5:30-6:30 p.m., East	Dec. 1 **Slow Flow 6 Weeks** with Katie, noon-1 p.m., East **Insight Flow 6 Weeks** with Jessi, 5:30-6:30- p.m. East **Restorative Yoga 6 Weeks** with Jessi, 6:45-7:45 p.m., East	Dec. 2 **Slow Flow 6 Weeks** with Katie, 12:30-1:30 p.m., VERONA ***Aerial Yoga Flow 6 Weeks** with Jeanne, 5:30-6:30 p.m., East	Dec. 3 **Chair Yoga 6 Weeks** with Valerie, 10-11 a.m., *virtual* **Yoga Nidra 6 Weeks** with Mary, 12-12:45 p.m., *virtual* **Slow Flow 6 Weeks** with Claire, Noon-1 p.m., East **Insight Flow 6 Weeks** with Valerie, 5:30-6:30 p.m., East **Yin Yoga 6 Weeks** with Valerie, 6:45-8 p.m., East	Dec. 4 **Restorative Yoga 6 Weeks** with Kendra, noon-1 p.m., East	Dec. 5 ***Mindful Movement, Art & Play** with Jessi, 10 a.m-1 p.m., East
6 **Yoga for Bigger Bodies** with Valerie, 10-11:30 a.m., East ***Aerial Restorative** with Angela, 4:30-5:30 p.m., East ***Aerial Sound Bath** with Angela, 5:45-6:45 p.m., East	7 **SIX-WEEK SERIES CONTINUE** ***Aerial Yoga Foundations** with Jeanne, 6:45-7:45 p.m., East	8	9	10	11	12 ***200-hour Yoga Teacher Training** with Valerie and Jeanne, 8 a.m.-6 p.m., East
13 ***200-hour Yoga Teacher Training** with Valerie and Jeanne, 8 a.m.-6 p.m., East	14 **SIX-WEEK SERIES CONTINUE** ***Aerial Yoga Foundations** with Sophie, 6:45-7:45 p.m., East	15	16	17	18	19
20	21 **MAKEUP WEEK**	22	23	24 **CHRISTMAS EVE: NO CLASSES**	25 **CHRISTMAS DAY: NO CLASSES**	26
27	28	29	30	31	Jan. 1	Jan. 2