

REACH

yoga

MONDAY

6:00-7:00am	Vinyasa Flow	Level 1-2	Debbie M.
8:15-9:15am	Vinyasa Flow	Level 1-2	Lauri S.
9:30-10:45am	Vinyasa Flow	Level 1-2	Deb W.
11:00-12:15pm	Hatha	Level 1	Mary A.
11:00-12:15pm	Takiff Center: Gentle Flow	Basics	Judy R.
1:15-2:15pm	Basics & Beyond	Basics	Beth M.
5:15-6:15pm	Vinyasa Flow	Level 1	Mia C.
6:30-7:45pm	Vinyasa Flow	All Levels	Cheri W.

TUESDAY

6:00-7:00am	Vinyasa Flow	Level 2	Steph M.
8:15-9:15am	Vinyasa Flow	Level 1-2	Pam M.
9:30-10:45am	Vinyasa Flow	Level 2	Laura M.
11:00-12:15pm	Basics & Beyond	Basics	Linda O.
1:15-2:15pm	Vinyasa Flow	Level 1-2	Brooke P.
5:15-6:15pm	Vinyasa Flow	Level 1	Judy R.
6:30-7:30pm	Vinyasa Flow	All Levels	Beth M.

WEDNESDAY

6:00-7:00am	Vinyasa Flow	Level 1-2	Pam M.
8:15-9:15am	Vinyasa Flow *new	Level 2	Laura M.
9:30-10:30am	Vinyasa For All	All Levels	Zoe N.
11:00-12:30pm	Classical Hatha	Level 2	Paul W.
1:00-2:15pm	Gentle Yoga	Basics	Mary A.
5:15-6:15pm	Vinyasa Flow	Level 1-2	Megan M.
6:30-7:30pm	Yoga for Working Stiffs	Basics	Shalaka T.

This schedule includes weekly classes in the Reach Yoga studio, unless marked otherwise.

Schedule subject to occasional change. This schedule effective 01/05/2019.

THURSDAY

6:00-7:00am	Warm Vinyasa Flow	Level 2	Steph M.
8:15-9:15am	Vinyasa Flow	All Levels	Zoe N.
9:30-10:45am	Basics & Beyond	Basics	Linda O.
11:00-12:15pm	Takiff Center: Gentle Flow	Basics	Judy R.
11:30-12:30pm	Vinyasa Flow	Level 2	Chelle C.
1:30-2:30pm	Vinyasa Flow	Level 1	Julie L.
5:15-6:30pm	Phenomena Flow *new	Level 2	Becky C.

FRIDAY

6:00-7:00am	Vinyasa Flow	Level 2	Laura M.
8:15-9:15am	Vinyasa Flow	Level 1-2	Mia C.
9:30-10:45am	Vinyasa Flow	Level 2	Jenny GB
11:00-12:15pm	Basics & Beyond	Basics	Laura F.
1:30-2:30pm	Vinyasa Flow	Level 2	Erika B.
5:15-6:15pm	Basics & Beyond	Basics	Allison H.

SATURDAY

6:30-7:30am	Vinyasa Flow	Level 2	Laura M.
8:00-9:15am	Warm Vinyasa Flow	Level 2	Lauri S.
9:30-10:45am	Vinyasa Flow	Level 1-2	Mia C.
11:00-12:15pm	Yoga, Movement & Play *new	Level 1-2	Mia C.
12:30-1:45pm	Vinyasa Flow *new	Level 1-2	Debbie M.
4:00-5:15pm	Hatha	Level 1	Mary A.

SUNDAY

8:00-9:15am	Basics & Beyond	Basics	Zoe N.
9:30-10:45am	Warm Vinyasa Flow	Level 2	Pam G.
11:00-12:15pm	Classical Hatha	Level 1-2	Paul W.
3:00-4:00pm	Vinyasa Flow	Level 1	Shawna D.
4:15-5:30pm	Vinyasa Flow	Level 1-2	Megan M.

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FAMILY/KIDS EVENTS & SERIES

DAY/TIME	PROGRAM	LOCATION	INSTRUCTOR
Thur, 3:45-4:45pm 1/10 - 1/31	Girls Yoga (ages 11-13)	Reach Yoga Studio	Jocelyn S.
Sun, 1:30-2:30pm 1/13 & 2/10	Family Yoga	Reach Yoga Studio	Dayna R.
Sun, 5:45-6:30pm 2/3	Bedtime Story Yoga	Reach Yoga Studio	Dayna R.

SPECIAL EVENTS & WORKSHOPS

DAY/TIME	PROGRAM	LOCATION	INSTRUCTOR
Sat, 1/19 2:00 - 3:30pm	Lift The Weight Of The World Off Your Shoulders	Reach Yoga Studio	Stephanie Adler
Mon, 1/28 2:30 - 4:30pm	Birth, Death, Karma & Re- incarnation	Reach Yoga Studio	Ramaa Krishnan
Thu, 2/7 6:30 - 8:00pm	Gongtopia	Reach Yoga Studio	Michael Bettine
Sun, 2/17 1:00 - 2:15pm	Restorative Yoga	Reach Yoga Studio	Laura Friedman

BEGIN (OR REFRESH) A YOGA PRACTICE

DATE(S) / TIME	PROGRAM	LOCATION	INSTRUCTOR
Tue, 9:30-10:30am 1/8 - 1/26	Yoga for Athletes	Unify Fitness (664 Vernon)	Cheri W.
Mon, 1:30-2:30pm 1/14, 1/28, 2/4, 2/11	Beginner Series	Unify Fitness (664 Vernon)	Lauri S.
Wed, 1:30-2:30pm 2/6 - 2/27	Beginner Series	Unify Fitness (664 Vernon)	Julie L.
Sun, 9:30-11:30am 2/10 - 3/3	Beginner Series	Unify Fitness (664 Vernon)	Lisa S.
Mon, 1:30-2:30pm 2/25 - 3/18	Beginner Series	Unify Fitness (664 Vernon)	Cheri W.

Find details online. Please register in advance for events & series, in the studio or online.