

## Revolution Community Yoga Schedule

MONDAY		Length	Room	Teacher
6:30 AM	Breath & Beats	60 minutes	Waterfall Room	Tina Terry
9:00 AM	60 Minute Vinyasa All Levels	60 minutes	The Loft	Jen Mast
9:30 AM	Warm Power (85 - 90°)	75 minutes	Waterfall Room	Sue Cushing
10:30 AM	Roll With It: Myofascial Release	60 minutes	The Loft	Jen Mast
12:00 PM	60 Minute Vinyasa All Levels	60 minutes	The Loft	Sue Cushing
12:00 PM	Chair Yoga For All Ages	60 minutes	Waterfall Room	Jen Mast
4:00 PM	Slow Flow (Beginner-Friendly/ 60 minutes)	60 minutes	The Loft	Kristen Lamarre
5:00 PM	Teen Yoga 60 Minute Vinyasa All Levels	60 minutes	Waterfall Room	Jen Mast
6:00 PM	60 Minute Vinyasa All Levels	60 minutes	The Loft	Sidonie Blackett
6:00 PM	Prenatal Yoga	75 minutes	Buddha Room	Jenny Meshna
6:30 PM	60 Minute Warm Power (85 - 90°)	60 minutes	Waterfall Room	Kristen Lamarre
7:30 PM	Slow Flow (Beginner-Friendly/ 60 minutes)	60 minutes	Buddha Room	Jenny Meshna

TUESDAY		Length	Room	Teacher
6:00 AM	60 Minute Power Flow (not heated)	60 minutes	Waterfall Room	Joanna Losty
9:00 AM	Warm Power (85 - 90°)	75 minutes	Waterfall Room	Rebecca Minor
9:30 AM	Slow Flow (Beginner-Friendly/ 75 minutes)	60 minutes	The Loft	Gwen Murphy
12:00 PM	60 Minute Vinyasa All Levels	60 minutes	The Loft	Julie McKay
12:00 PM	Gentle Yoga	75 minutes	Waterfall Room	Emily Wheeler
5:30 PM	Vinyasa All Levels	75 minutes	The Loft	Erin LoPorto
6:00 PM	60 Minute Warm Power (85 - 90°)	60 minutes	Waterfall Room	Sidonie Blackett
7:00 PM	Yin Restorative	75 minutes	The Loft	Erin LoPorto
7:30 PM	Vinyasa All Levels	75 minutes	Waterfall Room	Gwen Murphy
7:30 PM	Prenatal Yoga (60 minutes)	60 minutes	Buddha Room	Valerie Kacian

WEDNESDAY		Length	Room	Teacher
5:45 AM	Morning Meditation	30 minutes	The Loft	Deb Riggins
6:30 AM	Ashtanga	60 minutes	Buddha Room	Deb Downson
9:00 AM	Vinyasa All Levels	60 minutes	The Loft	Gwen Murphy
9:30 AM	Warm Power (85 - 90°)	75 minutes	Waterfall Room	Sue Cushing
11:00 AM	Toddler & Me Yoga (Ages 1 - 3) <b>begins Sept 18th!</b>	45 minutes	Waterfall Room	Valerie Kacian
12:00 PM	60 Minute Vinyasa All Levels	60 minutes	The Loft	Julie McKay
4:00 PM	Kids' Yoga Ages 4 - 7	45 minutes	Buddha Room	Laura Grundstrom
5:00 PM	Tween Yoga (ages 8-11)	60 minutes	Buddha Room	Laura Grundstrom
5:00 PM	60 Minute Gentle/Restorative Yoga	60 minutes	The Loft	Cindy Boutler
6:00 PM	Slow Flow (Beginner-Friendly/ 60 minutes)	60 minutes	Waterfall Room	Erin LoPorto
6:30 PM	Vinyasa All Levels	75 minutes	The Loft	Cindy Boutler
7:30 PM	Hatha Yoga	75 minutes	Waterfall Room	Valerie Kacian

THURSDAY		Length	Room	Teacher
6:00 AM	60 Minute Power Flow (not heated)	60 minutes	Waterfall Room	Joanna Losty
7:30 AM	Slow Flow w/ Yoga Sutra Exploration	60 minutes	Buddha Room	Gwen Murphy
9:00 AM	60 Minute Warm Power (85 - 90°)	60 minutes	Waterfall Room	Jen Mast
9:30 AM	Vinyasa All Levels	60 minutes	The Loft	Amy Yapp
10:30 AM	Chair Yoga For All Ages	60 minutes	Waterfall Room	Jen Mast
12:00 PM	60 Minute Vinyasa All Levels	60 minutes	The Loft	Julie McKay
12:00 PM	Gentle Yoga	75 minutes	Waterfall Room	Emily Wheeler
5:00 PM	60 Minute Yin Stretch & Release	60 minutes	The Loft	Valerie Kacian
6:00 PM	60 Minute Vinyasa All Levels	60 minutes	Waterfall Room	Jenny Meshna
6:30 PM	Prenatal Yoga	75 minutes	Buddha Room	Valerie Kacian
6:30 PM	Restorative Yoga	75 minutes	The Loft	Anastasia Fayerman
8:00 PM	60 Minute Warm Power (85 - 90°)	60 Minutes	Waterfall Room	Deirdre McWade

FRIDAY		Length	Room	Teacher
5:45 AM	Morning Meditation	30 minutes	The Loft	Deb Riggins
6:30 AM	Ashtanga	60 minutes	Buddha Room	Deb Dowson
9:00 AM	Warm Power (85 - 90°)	75 minutes	Waterfall Room	Heather Keyes
9:30 AM	Vinyasa All Levels	75 minutes	The Loft	Sue Cushing
12:00 PM	60 Minute Vinyasa All Levels	60 minutes	The Loft	Erin LoPorto
5:15 PM	60 Minute Heated Power	60 minutes	Waterfall Room	Lia Romani
6:00 PM	60 Minute Vinyasa All Levels	60 minutes	The Loft	Erin LoPorto
6:30 PM	SPA Yoga	75 minutes	Waterfall Room	Lia Romani

SATURDAY		Length	Room	Teacher
7:00 AM	90 Minute Warm Power (85 - 90°) w/ Extended Savasana	90 minutes	Waterfall Room	Sue Cushing
7:30 AM	Vinyasa Flow	75 minutes	The Loft	Lia Romani
9:30 AM	Vinyasa All Levels	75 minutes	The Loft	Lia Romani
11:15 AM	Gentle Yoga	75 minutes	The Loft	Lia Romani
11:30 AM	Baby & Me	60 minutes	Buddha Room	Valerie Kacian
1:30 PM	Community Class	60 minutes	Buddha Room	YTT grads
4:30 PM	60 Minute Vinyasa All Levels	60 minutes	The Loft	Valerie Kacian

SUNDAY		Length	Room	Teacher
7:00 AM	90 Minute Warm Power (85 - 90°) w/ Extended Savasana	90 minutes	Waterfall Room	Lelia Leary
9:30 AM	Vinyasa All Levels	75 minutes	The Loft	Julie McKay
11:15 AM	Gentle Yoga	75 minutes	The Loft	Julie McKay
3:00 PM	Slow Flow (Beginner-Friendly/ 60 minutes)	60 minutes	The Loft	Amy Yapp
4:30 PM	Vinyasa All Levels	75 minutes	The Loft	Sandra
7:00 PM	Candlelight Restorative Yoga w/ Extended Savasana	75 minutes	The Loft	Noel Weatherbee

*(Always check the on line schedule for the most up-to-date class listings and times - this schedule is subject to change)*

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