

RCY CLASS SCHEDULE

MONDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
9:00 AM	Power Flow (Warm Room / 80-85°)	Waterfall	downstairs	In-Studio & Online	Melissa Ackerman
9:30 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Jenny Meshna
10:30 AM	Roll With it Myofascial Release	Waterfall	downstairs	In-Studio & Online	Jen Mast
12:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Jen Mast
5:30 PM	All Levels Vinyasa	Loft	upstairs	In-Studio Only	Heather Keyes
6:30 PM	Prenatal Yoga	Waterfall	downstairs	In-Studio & Online	Valerie Kacian
8:00 PM	All Levels Vinyasa	Waterfall	downstairs	In-Studio & Online	Megan Peculis
TUESDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
6:00 AM	Power Flow	Loft	upstairs	In-Studio & Online	Lelia Leary
8:00 AM	Moving Meditation & Mindfulness	Loft	upstairs	In-Studio & Online	Deb Ward
9:30 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Lia Romani
9:30 AM	Chair Yoga For All Ages	Waterfall	downstairs	In-Studio & Online	Jen Mast
11:00 AM	Gentle Yoga	Waterfall	downstairs	In-Studio & Online	Emily Wheeler
12:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Jen Mast
4:00 PM	Little Kids Yoga Series	Waterfall	downstairs	In-Studio Only	Julie Iatron
4:30 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Julie McKay
6:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Erin LoPorto
6:30 PM	Power Flow (Warm Room / 80-85°)	Waterfall	downstairs	In-Studio & Online	Meaghan McCusker
7:30 PM	Restorative Yoga	Loft	upstairs	In-Studio Only	Erin LoPorto
WEDNESDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
9:00 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Lelia Leary
12:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Julie McKay
1:30 PM	Gentle Yoga	Loft	upstairs	In-Studio & Online	Julie McKay
6:30 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Valerie Kacian
7:00 PM	Power Flow (Warm Room / 80-85°)	Waterfall	downstairs	In-Studio Only	Gwen Murphy
8:00 PM	Yin Flow	Loft	upstairs	In-Studio & Online	Valerie Kacian
THURSDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
6:00 AM	Power Flow	Loft	upstairs	In-Studio & Online	Lelia Leary
9:30 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Jenny Meshna
9:30 AM	Chair Yoga For All Ages	Online		Online Only	Jen Mast
11:00 AM	Gentle Yoga	Waterfall	downstairs	In-Studio & Online	Emily Wheeler
12:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Jenny Meshna
5:30 PM	Teen Yoga for All Levels	Waterfall	downstairs	In-Studio Only	Lelia Leary
5:30 PM	Prenatal Yoga (begins Oct. 13th)	Lotus	downstairs	In-Studio Only	Jenny Meshna
5:30 PM	Slow Flow	Loft	upstairs	In-Studio & Online	Julie Iatron
7:00 PM	All Levels Vinyasa	Waterfall	downstairs	In-Studio & Online	Lelia Leary
7:00 PM	Restorative Yoga	Loft	upstairs	In-Studio Only	Anastasia Fayerman
FRIDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
9:00 AM	Power Flow	Loft	upstairs	In-Studio & Online	Julie Iatron
10:30 AM	Yin Yoga	Loft	upstairs	In-Studio & Online	Julie Iatron
12:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Erin LoPorto
1:30 PM	Yoga for Seniors	Waterfall	downstairs	In-Studio & Online	Karen O'Neil
6:00 PM	Restorative Yoga	Waterfall	downstairs	In-Studio & Online	Ulrike Kjellberg
SATURDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
7:30 AM	Vinyasa Flow	Loft	upstairs	In-Studio Only	Lia Romani
9:00 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Lia Romani
10:30 AM	Gentle Yoga	Loft	upstairs	In-Studio & Online	Lia Romani
4:30 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Lelia Leary
SUNDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
7:00 AM	Power Flow w/ Extended Guided Savasana (75 min.)	Loft	upstairs	In-Studio & Online	Lelia Leary
7:30 AM	Sunday Sunrise Gentle w/ Julie	Waterfall	downstairs	In-Studio & Online	Julie McKay
9:00 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Julie McKay
9:30 AM	Prenatal Yoga	Waterfall	downstairs	In-Studio & Online	Megan Peculis
10:30 AM	Gentle Yoga	Loft	upstairs	In-Studio & Online	Julie McKay
4:30 PM	Vinyasa All Levels	Loft	upstairs	In-Studio Only	Sandra Holt
6:00 PM	Yin Yoga (begins Oct. 2nd)	Loft	upstairs	In-Studio Only	Sandra Holt