

REVOLUTION COMMUNITY YOGA CLASS SCHEDULE

MONDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
8:00 AM	45-Minute Slow Flow	Upper		In-Studio	Evelynn Sablone
9:15 AM	Barre (60 minutes)	Upper		In-Studio	Kim Whitkanack
9:30 AM	All Levels Vinyasa	Lower	Waterfall	In-Studio & Online	Jenny Meshna
10:30 AM	Barre (60 minutes)	Upper		In-Studio	Kim Whitkanack
11:00 AM	Roll With It Myofascial Release	Lower	Waterfall	In-Studio & Online	Jen Mast
12:00 PM	All Levels Vinyasa	Upper		In-Studio & Online	Julie McKay
1:30 PM	Osteo-Flow	Lower	Waterfall	In-Studio & Online	Julie McKay
5:30 PM	All Levels Vinyasa	Upper		In-Studio & Online	Heather Keyes
6:00 PM	Beginner Basics & Beyond (2nd Monday evening each month in the Upper Studio)			In-Studio & Online	Jen Mast/Jenny Meshna
7:00 PM	Gentle Yoga w/ Meditation	Lower	Waterfall	In-Studio & Online	Deb Ward
7:00 PM	Pilates (45 minutes)	Upper		In-Studio & Online	Valerie Kacian
TUESDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
5:30 AM	Barre (45 minutes)	Upper		In-Studio	Jen Walsh
6:00 AM	Power Flow	Lower	Waterfall	In-Studio & Online	Lelia Leary
7:30 AM	Barre (45 minutes)	Upper		In-Studio	Charlotte Ott
9:30 AM	All Levels Vinyasa	Upper		In-Studio & Online	Lia Romani
9:30 AM	Chair Yoga For All Ages	Lower	Waterfall	In-Studio & Online	Jen Mast
12:00 PM	Gentle Flow & Restore	Lower	Waterfall	In-Studio & Online	Jenny Meshna
12:00 PM	Barre (45 minutes)	Upper		In-Studio	Jen Walsh
4:15 PM	Little Kids Yoga Series	Lower	Waterfall	In-Studio Only	Julie Iatron
4:15 PM	All Levels Vinyasa	Upper		In-Studio & Online	Julie McKay
5:45 PM	Prenatal Yoga	Upper		In-Studio & Online	Valerie Kacian
6:00 PM	All Levels Vinyasa	Lower	Waterfall	In-Studio & Online	Erin LoPorto
6:30 PM	Power Flow (Warm Room / 80-85°)	Lower	Lotus	In-Studio & Online	Meaghan McCusker
7:00 PM	Barre (60 minutes)	Upper		In-Studio	Kim Wesolowski
7:30 PM	Restorative Yoga	Lower	Waterfall	In-Studio & Online	Erin LoPorto
WEDNESDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
6:30 AM	Barre (45 minutes)	Upper		In-Studio	Jen Walsh
9:00 AM	All Levels Vinyasa	Upper		In-Studio & Online	Lelia Leary
10:30 AM	Barre (60 minutes)	Upper		In-Studio	Kim Whitkanack
10:30 AM	Slow Flow	Lower	Waterfall	In-Studio & Online	Emily Wheeler
12:00 PM	All Levels Vinyasa	Upper		In-Studio & Online	Julie McKay
1:30 PM	Gentle Yoga	Upper		In-Studio & Online	Julie McKay
4:45 PM	Therapeutic Yoga w/ Somatic Movement	Upper		In-Studio & Online	Cindy Boulter
6:00 PM	Barre (60 minutes)	Upper		In-Studio	Kim Whitkanack
6:00 PM	Yoga for Hips & Shoulders	Lower	Waterfall	In-Studio & Online	Valerie Kacian
6:15 PM	Power Flow (Warm Room / 80-85°)	Lower	Lotus	In-Studio & Online	Cindy Boulter
7:30 PM	SPA Yoga®	Upper		In-Studio & Online	Lia Romani
7:30 PM	Postnatal Yoga 3-Week Series	Lower	Waterfall	In-Studio & Online	Valerie Kacian
THURSDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
5:30 AM	Barre (45 minutes)	Upper		In-Studio	Jen Walsh
6:00 AM	Power Flow	Lower	Waterfall	In-Studio & Online	Lelia Leary
7:30 AM	Sculpt & Tone	Upper		In-Studio & Online	Megan Peculis
9:30 AM	All Levels Vinyasa	Upper		In-Studio & Online	Jenny Meshna
9:30 AM	ONLINE Chair Yoga For All Ages	~	~	Online Only	Jen Mast
12:00 PM	Gentle Flow & Restore	Lower	Waterfall	In-Studio & Online	Jenny Meshna
12:00 PM	Barre (45 minutes)	Upper		In-Studio	Jen Walsh
4:30 PM	Yin Yoga	Lower	Waterfall	In-Studio & Online	Julie Iatron
6:00 PM	Barre (45 minutes)	Upper		In-Studio	Kim Whitkanack
6:00 PM	Restorative Yoga	Lower	Waterfall	In-Studio Only	Anastasia Fayerman
6:30 PM	Gentle Yoga w/ Functional Movement	Lower	Lotus	In-Studio & Online	Cindy Boulter
7:00 PM	All Levels Vinyasa	Upper		In-Studio & Online	Lelia Leary
FRIDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
9:00 AM	Power Flow	Upper		In-Studio & Online	Julie Iatron
9:30 AM	Slow Flow w/ Meditation	Lower	Lotus	In-Studio & Online	Deb Ward
10:30 AM	Yin Yoga	Lower	Waterfall	In-Studio & Online	Julie Iatron
10:30 AM	Barre (45 minutes)	Upper		In-Studio	Kim Whitkanack
12:00 PM	All Levels Vinyasa	Upper		In-Studio & Online	Erin LoPorto
1:30 PM	Yoga for Longevity	Lower	Waterfall	In-Studio & Online	Karen O'Neil
4:30 PM	Power Flow	Upper		In-Studio & Online	Emily Putzig
6:00 PM	SPA Yoga®	Upper		In-Studio & Online	Lia Romani
SATURDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
7:30 AM	Barre (60 minutes)	Upper		In-Studio	Kim Wesolowski
7:30 AM	Vinyasa Flow	Lower	Waterfall	In-Studio & Online	Lia Romani
9:00 AM	All Levels Vinyasa	Upper		In-Studio & Online	Lia Romani
9:00 AM	Heated Ashtanga-Based Vinyasa	Lower	Waterfall	In-Studio Only	Kim Blanc
10:30 AM	Gentle Yoga	Upper		In-Studio & Online	Lelia Leary
12:00 PM	Power Flow	Upper		In-Studio & Online	Lelia Leary
SUNDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
7:15 AM	Power Flow w/ Extended Guided Savasana (75 min.)	Lower	Waterfall	In-Studio & Online	Lelia Leary
7:30 AM	Barre (60 minutes)	Upper		In-Studio	Charlotte Ott
9:00 AM	All Levels Vinyasa	Upper		In-Studio & Online	Julie McKay
9:00 AM	Prenatal Yoga	Lower	Waterfall	In-Studio & Online	Megan Peculis
10:30 AM	Prenatal Yoga	Lower	Waterfall	In-Studio & Online	Megan Peculis
10:30 AM	Gentle Yoga	Upper		In-Studio & Online	Julie McKay
12:00 PM	Slow Flow	Upper		In-Studio & Online	Julie McKay
4:30 PM	Vinyasa All Levels	Upper		In-Studio Only	Sandra Holt
6:00 PM	Yin Yoga	Upper		In-Studio Only	Sandra Holt