

REVOLUTION COMMUNITY CLASS SCHEDULE

MONDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
9:15 AM	Barre (60 minutes)	Upper		In-Studio	Kim Whitkanack
9:30 AM	Vinyasa Flow	Lower	Waterfall	In-Studio & Online	Jenny Meshna
11:00 AM	Roll With It Myofascial Release	Lower	Waterfall	In-Studio & Online	Jen Mast
12:00 PM	Vinyasa Flow	Upper		In-Studio	Julie McKay
1:30 PM	Osteo-Flow	Upper		In-Studio	Julie McKay
5:30 PM	Vinyasa Flow	Upper		In-Studio & Online	Heather Keyes
6:00 PM	Beginner Basics & Beyond	Lower	Lotus	In-Studio	RCY Teachers
7:00 PM	Gentle Flow & Restore	Lower	Waterfall	In-Studio & Online	Deb Ward
7:00 PM	Pilates (60 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
9:30 AM	Vinyasa Flow	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
4:15 PM	Little Kids Yoga Series	Lower	Waterfall	In-Studio	Julie Iatron
4:15 PM	Vinyasa Flow	Upper		In-Studio	Julie McKay
5:45 PM	Prenatal Yoga	Upper		In-Studio & Online	Valerie Kacian
6:00 PM	Vinyasa Flow	Lower	Waterfall	In-Studio & Online	Erin LoPorto
6:30 PM	Power Flow (Warm Room / 80-85°)	Lower	Lotus	In-Studio	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
6:00 AM	Barre (45 minutes)	Upper		In-Studio	Jen Walsh
9:00 AM	Vinyasa Flow	Upper		In-Studio & Online	Lelia Leary
10:30 AM	Barre (60 minutes)	Upper		In-Studio	Kim Whitkanack
12:00 PM	Vinyasa Flow	Upper		In-Studio & Online	Julie McKay
1:30 PM	Gentle Yoga	Upper		In-Studio & Online	Julie McKay
6:00 PM	Yoga for Hips & Shoulders	Lower	Waterfall	In-Studio & Online	Valerie Kacian
6:15 PM	Vinyasa Flow (Warm Room / 80-85°)	Lower	Lotus	In-Studio & Online	Cindy Boulter
7:30 PM	Pilates (60 minutes)	Upper		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	Vinyasa Flow	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
4:30 PM	Yin Yoga	Upper		In-Studio & Online	Julie Iatron
6:00 PM	Barre or Pilates (45 minutes)	Upper		In-Studio	RCY Teacher
6:00 PM	Candlelight 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	Vinyasa Flow	Upper		In-Studio & Online	Lelia Leary
FRIDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
6:00 AM	Barre (45 minutes)	Upper		In-Studio	Jen Walsh
9:00 AM	Power Flow	Upper		In-Studio & Online	Julie Iatron
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	Vinyasa Flow	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	Emily Putzig
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	Power Flow	Lower	Waterfall	In-Studio & Online	Lia Romani
9:00 AM	Vinyasa Flow	Upper		In-Studio & Online	Lia Romani
9:00 AM	Heated Ashtanga-Based Vinyasa (75 min.)	Lower	Waterfall	In-Studio	Kim Blanc
10:30 AM	Gentle Yoga (Full 60 minute class + optional 15 min. Crystal Bowl Savasana)	Upper		In-Studio & Online	Lelia Leary
12:00 PM	Power Flow (Full 60 minute class + optional 15 min. Crystal Bowl Savasana)	Upper		In-Studio & Online	Lelia Leary
SUNDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
7:15 AM	Power Flow (Full 60 minute class + optional 15 min. Crystal Bowl Savasana)	Upper		In-Studio & Online	Lelia Leary
7:45 AM	Sculpt & Tone	Lower	Waterfall	In-Studio	Megan Peculis
9:00 AM	Prenatal Yoga	Lower	Waterfall	In-Studio & Online	Megan Peculis
9:00 AM	Vinyasa Flow	Upper		In-Studio & Online	Julie McKay
10:30 AM	Yoga for New Moms (<i>begins June 4th</i>)	Lower	Waterfall	In-Studio & Online	Megan Peculis
10:30 AM	Gentle Yoga	Upper		In-Studio & Online	Julie McKay
12:00 PM	Slow Flow (Beginner-friendly)	Upper		In-Studio	Julie McKay
4:00 PM	Vinyasa Flow	Upper		In-Studio	Sandra Holt
5:30 PM	Yin Yoga	Upper		In-Studio	Sandra Holt