

REVOLUTION COMMUNITY CLASS SCHEDULE

Always check the online schedule for the most accurate information as this schedule can change without notice

MONDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
5:30 AM	Power Flow (45 min. class + optional meditation)	Upper		In-Studio & Online	Meaghan Brazell
9:15 AM	Barre (60 minutes)	Upper		In-Studio	Kim Whitkanack
9:30 AM	Vinyasa Flow	The Loft (above Twin Seafood)		In-Studio & Online	Jenny Meshna
10:30 AM	Roll With It Myofascial Release	Lower	Waterfall	In-Studio & Online	Jen Mast
12:00 PM	6 Week Series: Yoga for Caregivers & Loved Ones w/ Alzheimer's/Dementia	Lower	Waterfall	In-Studio	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	Heather Keyes
6:00 PM	Beginner Basics & Beyond	Lower	Lotus	In-Studio	Karen O'Neil
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	The Loft (above Twin Seafood)		In-Studio & Online	Lelia Leary
9:30 AM	Vinyasa Flow	Upper		In-Studio	Lia Romani
9:30 AM	Chair Yoga For All Ages	Lower	Waterfall	In-Studio & Online	Jen Mast
12:00 PM	Barre (45 minutes)	Upper		In-Studio	Jen Walsh
12:00 PM	Gentle Flow & Restore	Lower	Waterfall	In-Studio & Online	Jenny Meshna
2:00 PM	Yoga for Longevity	Lower	Waterfall	In-Studio & Online	Karen O'Neil
4:15 PM	Kids Yoga Ages 4 - 8	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	Megan Peculis
6:30 PM	Power Flow (Warm Room / 80-85°)	Lower	Lotus	In-Studio	Meaghan Brazell
7:00 PM	Barre (60 minutes)	Upper		In-Studio	Kim Wesolowski
7:30 PM	Restorative Yoga	Lower	Waterfall	In-Studio & Online	Valerie Kacian
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	Yin Yoga	The Loft (above Twin Seafood)		In-Studio	Brenda Lusher
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
3:30 PM	Teen Yoga	Upper		In-Studio	Lelia Leary
6:00 PM	Yoga for Hips & Shoulders	Upper		In-Studio & Online	Valerie Kacian
6:30 PM	Hatha Yoga (no flow)	Lower	Waterfall	In-Studio	Jean Popovich
7:00 PM	Candlelight Restorative Yoga	The Loft (above Twin Seafood)		In-Studio	Wendy Ansdell
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	The Loft (above Twin Seafood)		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	Power Flow	Upper		In-Studio	Anastasia Fayerman
12:00 PM	Gentle Flow & Restore	Lower	Waterfall	In-Studio & Online	Jenny Meshna
3:15 PM	Tween Yoga Ages 9 - 12	Upper		In-Studio	Julie Iatron
4:30 PM	Yin Yoga	Upper		In-Studio & Online	Julie Iatron
6:00 PM	Barre (45 minutes)	Upper		In-Studio	Kim Whitkanack
6:00 PM	Candlelight Restorative Yoga	The Loft (above Twin Seafood)		In-Studio	Anastasia Fayerman
6:30 PM	Gentle Yoga w/ Functional Movement	Lower	Waterfall	In-Studio	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	The Loft (above Twin Seafood)		In-Studio & Online	Julie Iatron
10:30 AM	Yin Yoga	The Loft (above Twin Seafood)		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
6:00 PM	SPA Yoga	Upper		In-Studio	Lia Romani
SATURDAYS	CLASS	STUDIO LOCATION	LOWER STUDIO ROOM NAME	CLASS TYPE	TEACHER
7:30 AM	Barre 60 min. (Mat-Based Class on YTT Weekends - see schedule)	Upper		In-Studio	Kim Wesolowski
7:30 AM	Power Flow	The Loft (above Twin Seafood)		In-Studio	Lia Romani
9:00 AM	Vinyasa Flow	Upper		In-Studio	Lia Romani
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
4:30 PM	Community Benefit Class	TBD - see online schedule		In-Studio	RCY Teachers
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	Gentle Yoga	Upper		In-Studio & Online	Julie McKay
12:00 PM	Slow Flow (Beginner-friendly)	Upper		In-Studio & Online	Karen O'Neil
4:00 PM	Vinyasa Flow	Upper		In-Studio	Sandra Holt
5:30 PM	Yin Yoga	Upper		In-Studio	Sandra Holt