

Schedule for April 11, 2019 - April 17, 2019

Thu April 11, 2019	Class	Instructor	Room
7:15 AM - 8:15 AM	Morning Flow	Adria Baratta	
9:00 AM - 10:00 AM	Forrest Yoga	Genna Messmer	
9:15 AM - 10:30 AM	Flow	Letania Kirkland (sub for Rachel Insel)	
11:00 AM - 12:15 PM	Prenatal	Rachel Insel	
12:30 PM - 1:30 PM	Beginners 2	Jonathan Emerson	
6:30 PM - 7:45 PM	Prenatal	Amelia Damplo	
7:30 PM - 8:30 PM	Flow	Daniel Denton	
8:00 PM - 9:15 PM	Mixed Levels	Orameh Bagheri	
Fri April 12, 2019	Class	Instructor	Room
9:00 AM - 10:00 AM	Just Stretch	Amelia Damplo	
9:15 AM - 10:30 AM	Beginners 1	Jonathan Emerson	
10:15 AM - 11:45 AM	Iyengar	Matthew Lurie (sub for Sue Darling)	
10:45 AM - 12:00 PM	Baby and Me	Juliette Kurth (sub for Bianca Bloomfield)	
12:30 PM - 1:45 PM	Flow	Lauren Finerman	
12:30 PM - 1:45 PM	Prenatal	Vera Boykewich	
6:00 PM - 7:00 PM	Flow	Hannah Elder	
7:30 PM - 9:00 PM	Silverlake Spring Awakening Sound Bath Meditation	Jenn Marut	
Sat April 13, 2019	Class	Instructor	Room
9:00 AM - 10:00 AM	Pilates Mat	Tori Amoscato	
9:00 AM - 10:00 AM	Family Yoga	Bianca Bloomfield	
10:15 AM - 11:30 AM	Prenatal	Amelia Damplo	
10:30 AM - 11:45 AM	Mixed Levels	Malia Wright	
12:00 PM - 1:15 PM	Beginners 1	Jonathan Emerson	
12:15 PM - 1:30 PM	Postnatal	Amelia Damplo	
3:00 PM - 4:15 PM	Mixed Levels	Maja Zimmerman	
4:30 PM - 5:30 PM	Kundalini Yoga	Ashley Miers	
Sun April 14, 2019	Class	Instructor	Room
9:00 AM - 10:15 AM	Beginners 1	Sam Graham	
9:30 AM - 10:30 AM	Parent and Me	Bianca Bloomfield	
11:00 AM - 12:30 PM	Flow	Camille Loftin	
11:30 AM - 12:45 PM	Prenatal	Patricia Starr	
2:00 PM - 6:00 PM	A Fun, RED CROSS Adult-Pediatric CPR-AED and First Aid Class	Katie Harker	
5:00 PM - 6:30 PM	Mixed Levels	Orameh Bagheri	
6:30 PM - 7:30 PM	Restorative	Jocelyn Kelvin	
Mon April 15, 2019	Class	Instructor	Room
9:00 AM - 10:00 AM	Just Stretch	Juliette Kurth (sub for Ilana Milch)	

9:15 AM - 10:30 AM	Beginners 2	Jonathan Emerson
10:45 AM - 12:00 PM	Baby and Me	Mary Francis Spencer
10:45 AM - 12:00 PM	Prenatal	Juliette Kurth
12:30 PM - 1:30 PM	Beginners 2	Jonathan Emerson
3:30 PM - 4:30 PM	Music Together Spring Session	Jeanina Quezada
4:30 PM - 5:30 PM	Music Together Spring Session	Jeanina Quezada
6:00 PM - 7:15 PM	Beginners 2	Malia Wright
6:30 PM - 7:30 PM	Meditation and Himalayan Sound Healing	Carry Kim
7:30 PM - 8:30 PM	Flow	Lauren Finerman

Tue April 16, 2019	Class	Instructor	Room
7:15 AM - 8:15 AM	Morning Flow	Adria Baratta	
8:00 AM - 9:15 AM	Iyengar	Sue Darling	
9:15 AM - 10:30 AM	Flow	Letania Kirkland	
11:00 AM - 12:15 PM	Prenatal	Juliette Kurth	
12:45 PM - 2:00 PM	Beginners 1	Jewel Greenberg	
2:30 PM - 3:30 PM	Baby and Me	Juliette Kurth	
6:00 PM - 7:00 PM	Iyengar	Shiri Goldsmith	
7:15 PM - 8:30 PM	Beginners 1	Jonathan Emerson	
7:30 PM - 8:30 PM	Flow	Daniel Denton	

Wed April 17, 2019	Class	Instructor	Room
9:00 AM - 10:00 AM	Pilates Mat	Tori Amoscato	
9:15 AM - 10:30 AM	Beginners 2	Jonathan Emerson	
10:15 AM - 11:15 AM	Toddler and Me	Mary Francis Spencer	
10:45 AM - 12:15 PM	Flow	Susan Priver	
12:30 PM - 1:30 PM	Just Stretch	Juliette Kurth	
12:30 PM - 1:45 PM	Prenatal	Vera Boykewich	
3:30 PM - 4:30 PM	Music Together Spring Session	Jeanina Quezada	
4:30 PM - 5:30 PM	Music Together Spring Session	Jeanina Quezada	
6:00 PM - 7:15 PM	Beginners 2	Jonathan Emerson	
6:30 PM - 7:45 PM	Prenatal	Patricia Starr	
7:30 PM - 8:30 PM	Flow	Hannah Elder	

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