

# ASCEND GROUP CLASSES

## Monday

8-9AM  
9:30-10:45AM  
6-7:15PM  
7:30-8:30PM

**ALL-LEVEL VINYASA** • LESLIE MOTT  
**VINYASA LEVEL 1** • DANI LOCASTRO  
**VINYASA LEVEL 2/3** • AMANDA AMADEI  
**MAT MEN (SERIES)** • AMANDA AMADEI

## Tuesday

8-9AM  
9:30-11AM  
10:30-11:30AM  
12-1:15PM  
6-7:15PM

**VINYASA LEVEL 1** • DANI LOCASTRO  
**STILL MIND, STRONG PRACTICE** • JULIAN PAIK  
**PILATES TOWER** • TARA GREGORIO  
**GYROKINESIS®** • JEN DALY  
**IYENGAR YOGA** • CRISTINA ROY

## Wednesday

8:30-9:25AM  
9:30-10:45AM  
3-5PM  
3-5PM  
5:30-6:40PM

**BARRE** • KRISTEN SHERMAN  
**VINYASA LEVEL 2** • AMANDA AMADEI  
**CHILDREN'S YOGA (SERIES)** • LAUREN BUCKLES  
**MAGIC MAKERS (SERIES)** • MELIA MARZOLLO  
**VINYASA LEVEL 2** • JENNIFER MARVIN

## Thursday

9:30-10:45AM  
10-10:45AM  
10:45-11:30AM  
5:30-6:30PM  
7-8:15PM

**IYENGAR YOGA 1/2** • CRISTINA ROY  
**PILATES JUMPBOARD** • MELIA MARZOLLO  
**PILATES JUMPBOARD** • MELIA MARZOLLO  
**VINYASA EXPRESS LEVEL 2** • LESLIE MOTT  
**RESTORATIVE YIN YOGA** • KATHY TORIS

## Friday

8-9:15AM  
9:30-10:30AM  
9:30-11AM  
3:30-5PM

**SLOW FLOW** • JOELLE VAN SICKLE  
**PILATES TOWER** • MELIA MARZOLLO  
**STILL MIND, STRONG PRACTICE** • JULIAN PAIK  
**STRONG & STEADY FOR TEEN GIRLS** • MELIA & MASHA

## Saturday

9-10:15AM  
10:30-11:45AM

**STILL MIND, STRONG PRACTICE** • JULIAN PAIK  
**VINYASA, ALL LEVEL** • VANESSA ALFANO

## Sunday

9-10:15AM  
9:30-10:30AM  
10:30AM-12PM  
11-11:45AM  
12-12:45PM  
5-7PM

**VINYASA LEVEL 2** • AMANDA AMADEI  
**BALLET STRONG** • KAE LIN MARTIN  
**STILL MIND, STRONG PRACTICE** • JULIAN PAIK  
**PILATES JUMPBOARD** • CLARE DONOVAN  
**BEGINNER SPRINGS** • CLARE DONOVAN  
**SRHYTHMS DANCE** • STEPHANIE/PETER/ANGELINA

Check the schedule for our upcoming workshops:  
Sound Healing, Folk Medicine Friday, Sister Circle, Barre to Bar,  
Back to Basics, Yoga and the 12 Steps, Yoga Nidra, Happy Hour Yoga  
and more. For private and semi-private Pilates, please visit our website.

[www.ascendcenter.com](http://www.ascendcenter.com)

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FALL  
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