

# Spring 2024 Class Schedule At-A-Glance

Monday April 1 - Sunday June 30  
(closed Monday July 1 - Thursday July 4)

What's Rising @Arlington? For vigor, challenge, and inspiration, we amped up our solar energy with new class offerings from the folks at ThatYoga.Life!

## Monday

### Arlington

- 6:30a - 9:00a (B)  
Rising/Morning Mysore: Jarrick
- 9:00a - 10:15a (hybrid) (A)  
Gentle/Hatha 1: Asya
- 9:30a - 10:45a (hybrid\*) (B)  
Rising/Heated Vinyasa: Ahmed
- 10:30a - 11:45a (hybrid) (A)  
Functional Vinyasa: Jen Eb.
- 12:30p - 1:30p (hybrid\*) (B)  
Rising/Heated Vinyasa: Ahmed
- 4:00p - 5:00p (A)  
Vinyasa: Jen Eb.
- 5:30p - 6:45p (hybrid) (A)  
Hatha All Levels: Jennifer Eu.
- 6:00p - 7:15p (hybrid\*) (B)  
Rising/Rocket 1: Ahmed
- 7:00p - 8:15p (hybrid) (A)  
Yin & Restorative: Amir

### Fairfax

- 10:30a - 11:45a  
Vinyasa: Michelle C.
- 6:00p - 7:15p  
Hatha 2: Dena
- 7:30p - 8:45p (hybrid)  
Gentle/Restore: Sandra

### Zoom Only

- 11:00a - 12:15p  
Tai Chi: Cynthia
- 6:00p - 7:15p  
Yoga for Core Stability: Roger

## Tuesday

### Arlington

- 6:30a - 9:00a (B)  
Rising/Morning Mysore: Jarrick
- 6:30a - 7:30a (hybrid) (A)  
Hatha All Levels: Suzanne
- 9:15a - 10:30a (hybrid\*) (B)  
Rising/Heated Vinyasa: Chynna
- 10:00a - 11:15a (hybrid) (A)  
Back to Core: Catha
- 11:00a - 12:15p (B)  
Hatha 2: Anne
- 4:30p - 5:45p (hybrid) (A)  
Hatha All Levels: Enid
- 6:00p - 7:15p (hybrid) (A)  
Hatha All Levels: Andrea
- 7:30p - 8:30p (A)  
Hatha 1: Maureen

### Fairfax

- 9:00a - 10:15a  
Hatha All Levels: Terry
- 10:30a - 11:45a (hybrid)  
Gentle/Hatha 1: Deb
- 12:00p - 12:45p (hybrid)  
Workday Mind-Body Reset: Carol C.
- 4:30p - 5:45p (hybrid)  
Hatha 2/3: Vicki
- 6:00p - 7:15p  
Hatha All Levels: Judy
- 7:30p - 8:30p  
Vinyasa: Michelle D.

### Zoom Only

- 7:45p - 9:00p  
Hatha All Levels: Heidi

## Wednesday

### Arlington

- 6:30a - 9:00a (B)  
Rising/Morning Mysore: Jarrick
- 6:30a - 7:30a (hybrid)  
Hatha All Levels: Suzanne
- 9:30a - 10:45a (hybrid) (B)  
Hatha 1: Nathalie
- 10:00a - 11:15a (hybrid) (A)  
Hatha 2: Cindy
- 12:30p - 1:30p (B)  
Rising/Heated Vinyasa: Candace
- 3:00p - 4:15p (hybrid) (A)  
Gentle: Rachel
- 5:45p - 6:45p (A)  
Hatha 1: Christine
- 6:00p - 7:15p (hybrid\*) (B)  
Rising/Rocket 2: Jasmine
- 7:00p - 8:15p (hybrid) (A)  
Vinyasa: Kristen
- 7:30p - 8:15p (hybrid) (B)  
Meditation: Chris C.  
*(meets Zoom only 4/24 - 5/29)*
- 7:30p - 9:00p (hybrid) (B)  
Sacred Threads: The Story of the Yoga Sutras: Annie  
*(six weeks: 4/24 - 5/29)*

### Fairfax

- 10:30a - 11:45a  
Hatha All Levels: Chrissy
- 4:30p - 5:45p (hybrid)  
Yoga for Healthy Aging: Rixie
- 6:00p - 7:15p  
Hatha 1: Dena

### Zoom Only

- 6:00p - 7:15p  
Hatha All Levels: Pat

## Thursday

### Arlington

- 6:30a - 9:00a (B)  
Rising/Morning Mysore: Jarrick
- 6:30a - 7:30a (hybrid) (A)  
Hatha All Levels: Suzanne
- 9:00a - 10:15a (A)  
Hatha 1: Gayle
- 10:30a - 11:45a (hybrid) (A)  
Back to Core: Catha
- 12:00p - 1:00p (hybrid) (A)  
Flow and Yin: Marjorie
- 5:00p - 6:15p (A)  
Hatha All Levels: Gayle
- 5:30p - 6:45p (hybrid) (B)  
Vinyasa: Tracy
- 6:30p - 7:45p (hybrid) (A)  
Hatha 1: Carol S.
- 7:00p - 8:15p (hybrid) (B)  
Hatha 2/3: Vicki

### Fairfax

- 9:00a - 10:15a (hybrid)  
Hatha 1: Vicki
- 10:30a - 11:45a  
Chair Yoga: Terry
- 6:00p - 7:15p  
Prenatal/Postnatal: Kate

### Zoom Only

- 11:00a - 12:15p  
Bones, Balance & Cognition: Carole

## Friday

### Arlington

- 6:30a - 9:00a (B)  
Rising/Morning Mysore: Jarrick
- 9:30a - 10:45a (hybrid\*) (B)  
Rising/Heated Vinyasa: Ahmed
- 10:00a - 11:15a (hybrid) (A)  
Hatha All Levels: Andrea
- 12:00p - 1:00p (A)  
Hatha 1: Marjorie
- 12:30p - 1:30p (hybrid\*) (B)  
Rising/Heated Vinyasa: Jeselene
- 4:30p - 5:45p (A)  
Hatha All Levels: Suzanne
- 6:00p - 7:00p (hybrid) (A)  
Flow and Yin: Tara
- 6:00p - 7:15p (hybrid\*) (B)  
Rising/Rocket 3: Ahmed

### Fairfax

- 9:00a - 10:15a (hybrid)  
Gentle/Hatha 1: Deb
- 10:30a - 11:45a (hybrid)  
Hatha All Levels: Vicki
- 12:00p - 1:00p (hybrid)  
Vinyasa: Michelle C.

### Zoom Only

- 8:00a - 8:30a  
Meditation: Jackie

## Saturday

### Arlington

- 8:00a - 9:30a (hybrid\*) (B)  
Rising/Ashtanga Led Primary: Jeselene
- 9:15a - 10:30a (A)  
Hatha 1: Melissa
- 10:00a - 11:15a (B)  
Hatha 2: Christine
- 11:00a - 12:15p (hybrid) (A)  
Hatha All Levels: Amir

### Fairfax

- 8:30a - 9:30a  
Vinyasa: Mike
- 9:45a - 10:45a (hybrid)  
Hatha 1: Dena
- 11:00a - 12:15p (hybrid)  
Hatha 2: Dena

### Zoom Only

- 8:00a - 9:00a  
Mat Pilates: Michelle D.

## Sunday

### Arlington

- 8:00a - 9:15a (hybrid\*) (B)  
Rising/Slow Burn: Ahmed
- 9:00a - 10:15a (hybrid) (A)  
Hatha All Levels: Anne
- 10:00a - 11:15a (B)  
Hatha All Levels: Gayle
- 11:00a - 12:15p (A)  
Vinyasa: Catha
- 11:30a - 12:45p (B)  
Rising/Heated Vinyasa: Candace
- 4:00p - 5:15p (A)  
Prenatal/Postnatal: Kate

### Fairfax

- 9:00a - 10:15a (hybrid)  
Kundalini: Livdhyan
- 10:30a - 11:45a (hybrid)  
Gentle/Hatha 1: Carol C.
- 12:00p - 1:15p (hybrid)  
Hatha 2: Carol C.

### YouTube

- 10:00a - 10:30a FREE LIVESTREAM  
Mini-Movement & Meditation: aLex

For special weekend workshops, pop-up classes, and guest teacher trainings and immersions, check our Events page on our website!

\*Rising hybrid classes are live on Zoom and not recorded