

Class Schedule

Community Classes

Every Friday, 6:00–7:00pm

In Bethesda

December 2	Maggie
December 9	Suzanne
December 16	Rocky
December 23	NO CLASS
January 6	Rocky
January 13	Doerthe
January 20	Megan
January 27	Megan
February 3	Maggie
February 10	Rocky
February 17	Suzanne
February 24	Rocky
March 3	Maggie
March 10	Doerthe
March 17	Rocky
March 24	Maggie
March 31	Maggie
April 7	NO CLASS

\$8 drop-in fee, cash only



Bethesda, MD

4853 Cordell Ave, Penthouse 7

Mondays

10:00–11:45AM	Level II/III ³	Jill
10:15–11:45AM	Level I/II	Suzanne
12:00–1:30PM	Level II	Anne
12:15–1:15PM	Level I	Suzanne
5:45–7:15PM	Level I/II	Anne
6:15–7:45PM	Level II/III ³	Doerthe
7:30–9:00PM	Level II	Anne

Tuesdays

10:00–11:30AM	Level I	Doerthe
4:15–5:45PM	Level I/II	Rocky
5:00–6:30PM	Level II	John
6:00–7:30PM	Level II	Linda SG
6:45–8:45PM	Level III ⁴	John

Wednesdays

9:00–10:00AM	Pranayama I ¹	Doerthe
10:15–11:45AM	Level II/III ³	Doerthe
12:00–1:30PM	Gentle	Suzanne
12:00–1:15PM	Level I/II	Megan
5:00–6:15PM	Back Care	Rocky
6:00–7:30PM	Level I	John
6:45–8:15PM	Level II	Linda McR
7:45–9:15PM	Level I/II	John

Thursdays

9:00–10:15AM	Seniors	Suzanne
9:00–10:15AM	Level I/II	Doerthe
10:30AM–12:00PM	Level II	Doerthe
12:15–1:30PM	Level I/II	Suzanne
12:15–1:30PM	Sutra Study	Doerthe/Nazli (January 19, February 9, March 9, April 6)
5:45–6:45PM	Pranayama II	John
6:30–8:00PM	Level I/II	Megan
7:00–9:00PM	Level II/III ³	John
8:15–9:15PM	Level I	Megan

Prerequisites:

¹ completion of one year of asana

² Level I/II and up

³ 5 minute freestanding *Sirsasana*

⁴ 10 minute freestanding *Sirsasana*

Fridays

8:30–9:30AM	Adv Pranayama	Doerthe (Short Course: Jan 20, Feb 10, Mar 10)
10:00–11:30AM	Level II	Laurel
10:00–11:30AM	Osteoporosis	Megan
4:00–5:00PM	Kid/Teen (9–15)	Doerthe (Short Course: January 13–27)
5:30–7:30PM	Anatomy	Esther/Laura C (Short Course: March 3–31)
6:00–7:00PM	Community Class	varies (January 6–March 31)

Saturdays

7:30–9:00AM	Level II [*]	Steve
7:30–9:00AM	Level III	Mary
9:15–10:45AM	Level II/III ^{3*}	Steve
9:30–11:00AM	Level II	Linda SG
11:00AM–12:30PM	Level I/II [*]	Steve
11:15AM–12:30PM	Level I	Megan

Sundays

8:00–9:15AM	Level I/II	Steve
9:00–10:30AM	Level II/III ^{3*}	Anne
9:30–11:00AM	Level II	Steve
10:45AM–12:15PM	Level II [*]	Anne
11:15AM–12:30PM	Level I	Steve
3:00–5:00PM	Osteoporosis	Megan (Short Course: February 26–March 19)

*NOTE:

Steve's Saturday classes do NOT meet on April 8

Anne's Sunday classes do NOT meet on April 9

WINTER 2017

Class Schedule

Arlington, VA

4001 N 9th St, Suite 105

Mondays

5:45–7:15PM	Level II	Lori
7:30–9:00PM	Level I	Lori

Tuesdays

12:15–1:15PM	Level I	Carol
6:00–7:15PM	Level I/II	Giulia
7:30–9:00PM	Level II	Giulia

Wednesdays

5:00–6:00PM	Jumpings (Short Course: January 4–25)	Juliana
5:00–6:00PM	Standing Poses (Short Course: February 1–22)	Juliana
5:00–6:00PM	Standing/Balancing (Short Course: March 15–April 5)	Juliana
6:15–7:15PM	Level I	Fritz
7:30–9:00PM	Level II	Fritz

Thursdays

6:00–7:30PM	Level I/II	Joe
7:45–9:15PM	Level II/III ³	Joe

Fridays

10:30–11:45AM	Level I	Lori
12:00–1:15PM	Level I/II	Lori

Saturdays

9:00–10:30AM	Level II/III ³	Lori
10:45AM–12:15PM	Level II	Lori
12:30–1:30PM	Pranayama I ^{1*}	Lori

Sundays

9:00–10:30AM	Level II	Maggie
10:45AM–12:15PM	Level I	Maggie

*NOTE:

Lori's Pranayama I class will NOT meet on January 21

Washington, DC

at Epic Yoga, 1323 Connecticut Ave NW

Saturdays

8:30–10:00AM	Level II/III ³	Joe
10:10–11:40PM	Level II	Joe
11:50am–1:05PM	Level I/II	Joe



IMPORTANT DATES

Registration is now open:
www.unitywoods.com

Winter Session:

Monday, Jan 2–Sunday, April 9

Please Note:

Bethesda studio A only:
No Classes

Saturday, April 8–Sunday, April 9

Classes WILL Meet:

Monday, Jan 16 (MLK Day)

Monday, Feb 20 (Presidents' Day)

Spring Session Begins:

Monday, April 10

Spring registration opens March 13

THINGS TO KNOW ABOUT TAKING CLASS

Attire

There are changing rooms at each studio. Wear clothing you can move in (no baggy clothes—they obscure alignment). Bare feet are essential. No perfume, please.

Props

are provided, but you are encouraged to bring your own mat.

Food

Come with an empty stomach.

Special Physical Needs

Let your teacher know about any injuries, physical problems or medical conditions.

Please be on time

Teachers begin each class with preparatory practices. You may be turned away if you arrive late.

Do not come to class

if you have any contagious condition. You share the floor, props, and air with many other students!

Children

Minimum age for asana class participation is 16. Unity Woods cannot provide childcare for younger children.

Class Cancellations

for weather or other emergencies are posted on our website and our voicemail 90 minutes before class time: www.unitywoods.com or 301-656-8992.