

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
- 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 (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: Ahmed
- 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 - 6:30p (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: Ahmed
- 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