

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 AM Vinyasa Yoga Rebekah	8:30-9:45 AM Vinyasa Yoga Moe	8:00-9:00 AM Slow Flow Yoga Lena	8:00-9:00 AM Slow Flow Moe	8:00-9:00 AM Vinyasa Yoga Moe	8:30-9:45 AM Vinyasa Yoga Moe	8:00-8:50 AM Vinyasa Yoga Pamela
9:30-10:30 AM Slow Flow Yoga Rebekah		9:30-10:30 AM Gentle Yoga Pamela	9:30-10:30 AM Vinyasa Yoga Megan/Pamela	9:30-10:30 AM Gentle Yoga Mariana		
11:00-12:00 PM Gentle Yoga Lena	11:00-12:00 PM Slow Flow—Moe Chair Yoga—Monica (downstairs)	11:00-12:00 PM Hatha Yoga Pamela	11:00-12:00 PM Hatha Basics—Sairsha Chair Yoga—Moe (downstairs)	11:00-12:00 PM Slow Flow Yoga Mariana	11:00-12:00 PM Slow Flow—Lacey Gentle Yoga—Moe (downstairs)	
	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Vinyasa Yoga Moe	12:30-1:30 PM Mat Pilates Lacey	12:30-1:30 PM Vinyasa Yoga Monica	12:30-1:30 PM Power Sculpt Lacey	
				1:35-2:00 PM Meditation Monica		1:15-2:15 PM Hatha Yoga Monica
			3:00-3:50 PM Vinyasa Yoga* Lacey	4:00-5:00 PM Hatha Basics Sairsha		
5:30-6:30 PM Restorative Yoga B		4:45-5:45 PM Hatha Basics Sairsha		5:15-6:15 PM Yogalates Lacey	5:30-6:30 PM Hatha Basics Sairsha	
		6:00-7:00 PM Total Body Sculpt Lacey		6:30-7:30 PM Tai Chi Peter [Registration Required]	 OCT 2026	
		7:30-8:30 PM Vinyasa Yoga Lacey		7:40-8:40 PM Tai Chi Peter [Registration Required]		



**New to yoga?
Or searching for some relaxation?**

Try these classes:

Hatha Basics
Gentle Yoga
Chair Yoga
Yin Yoga
Restorative Yoga

**Experienced in yoga?
Or looking for a more physical challenge?**

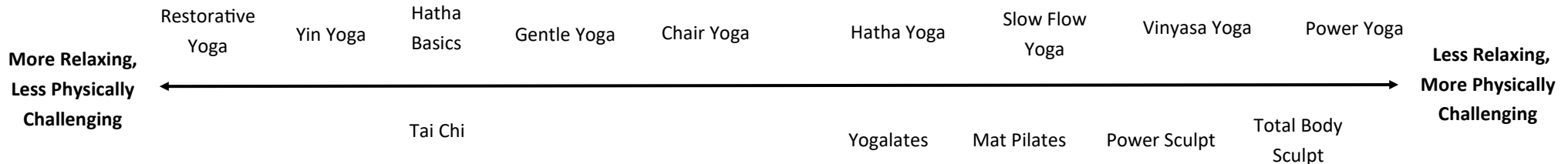
Try these classes:

Slow Flow Yoga
Hatha Yoga
Vinyasa Yoga
Hatha-Vinyasa Yoga
Power Yoga

**Interested in class formats
other than yoga?**

Try these classes:

Total Body Sculpt
Power Sculpt
Mat Pilates
Yogalates
Tai Chi



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Membership Options

Drop-in \$14	One Month \$80	Two Months \$140	Senior Discount (60+)
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