

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:45 AM Total Body Sculpt & Stretch Marlo	8:00-9:00 AM Slow Flow Yoga Moe	8:00-9:00 AM OUTDOOR Slow Flow Moe	8:00-9:00 AM Vinyasa Yoga Moe (starts 6.11)	8:30-9:45 AM Total Body Sculpt & Stretch Marlo	
9:30-10:30 AM Slow Flow Yoga Moe	9:30-10:30 AM* OUTDOOR Vinyasa Moe	9:30-10:30 AM Gentle Yoga Moe	9:30-10:30 AM Vinyasa Yoga Moe/Megan	9:30-10:30 AM Gentle Yoga Mariana	9:30-10:30 AM* OUTDOOR Vinyasa Moe	9:30-10:30 AM* Slow Flow Yoga Marlo (6.6—7.11)
11:00-12:00 AM Gentle Yoga Moe	11:00-12:00 PM Slow Flow —Moe Chair Yoga —Monica (downstairs)	11:00-12:00 PM Hatha Yoga Monica	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)	11:00-12:00 PM* Gentle Yoga Moe (6.6 - 7.11)
	12:30-1:30 PM Vinyasa Yoga Moe	12:30-1:30 PM Vinyasa Yoga Monica	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		
				4:00-5:00 PM Hatha Basics Sairsha		
		4:45-5:45PM Hatha Basics Sairsha		5:15-6:15 PM Yogalates Lacey	5:30-6:30pm Hatha Basics Sairsha	
		6:00-7:00 PM Total Body Sculpt Lacey		6:30-7:30 PM Tai Chi Peter [Registration Required]		
				6:45-7:45 PM* OUTDOOR Slow Flow Lacey		
7:30-8:30 PM Restorative Yoga TBD		7:30-8:30 PM OUTDOOR Vinyasa Lacey		7:40-8:40 PM Tai Chi Peter [Registration Required]		



**new class offerings!*



**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?**

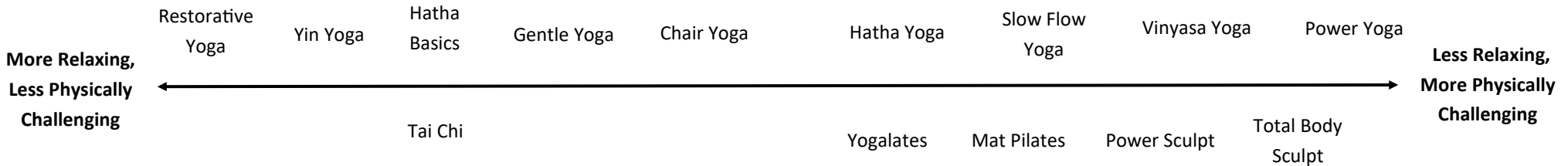
Try these classes:

- 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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