

# Winter Class Schedule

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## *Monday*

9:30am – Yin Yoga  
11:30am - Back & Hips  
6:00pm – Yogafit  
7:15pm – Back & Hips

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## *Tuesday*

9:30am – Stretch & Strengthen  
10:45am – Mom & Baby series  
5:00pm – Yoga w/ weights  
6:15pm – Intro to Yoga series  
7:30pm – Rest & Release

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## *Wednesday*

6:30am – Rise & Shine Yoga  
9:00am – Back & Hips  
6:00pm – Yoga for Core Strength  
7:15pm – SPA Yoga

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## *Thursday*

9:30am – Stretch & Strengthen  
11:00am – Chair Yoga  
5:30pm – Stretch & Strengthen

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## *Friday*

9:30am – Yin Yoga  
11:00am – Yoga w/ weights

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## *Saturday*

8:00am – All-Levels Flow  
9:15am – Gentle Flow  
10:30am – Drop-in Meditation (by-donation)

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## *Sunday*

10:00am – Stretch & Strengthen  
5:00pm – Yoga Nidra (bi-weekly)

~Please check website for class updates & to register~