



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30 am							Strength & Mobility Yoga
9:30 - 10:45 am		Yoga for Every Body		Yin Yoga		Yoga for Every Body	
11:00 am- noon			Gentle Yoga		Gentle Yoga		Aerial Yoga
11:15 am - noon		SilverSneakers® Yoga			SilverSneakers® Yoga		
2:00 - 3:30 pm	Hot Stones Restorative Yoga 6/16						
6:00 - 7:15 pm				Yin-Yasa Yoga	Candlelight Yin Yoga		
6:15 - 7:15 pm			Strength & Mobility Yoga				
6:30 - 7:30 pm			Aerial Yoga		Aerial Yoga		
6:45 - 8:00 pm		Vinyasa Flow Yoga					
7:30 - 8:45 pm				Yoga for Every Body			

Pre-registration strongly suggested.

Classes may be cancelled if no one is registered at least one hour prior to start time.



Upcoming Events

**Summer Solstice
108 Sun Salutations
Thursday, June 20
7:30 - 9:30 pm**

Join us as we welcome the longest day of the year with this ancient practice that's all about connecting with the sun's energy. We'll flow through 108 rounds of Sun Salutations, a powerful sequence that's great for building strength, flexibility, and inner peace. As we move through each Sun Salutation, we're not just honoring the physical sun in the sky—we're tapping into a deep, ancient wisdom that connects us to the universe itself. All levels are welcome! Come join us for a morning of movement, mindfulness, and community as we salute the sun and embrace the start of summer together!

Pre-registration is suggested.
\$30 per person (15% off for members)

**June Full (Strawberry) Moon Workshop
Friday, June 21
6:30 - 8:00 pm**

Native Tribes called the June Full Moon many names such as the Honey, Hatching, or the Strawberry Moon because it takes place during the end of Spring when the sweet rewards of our efforts are beginning to appear. Happening in the earthy Astrological sign of Capricorn, this 90-minute session will focus on releasing the limitations that keep us from connecting to our emotions and values that guide our ambitions and dreams through meditation with a gentle flow and restorative poses accompanied by a sound bath.

Pre-registration suggested.
\$30 per person (15% off for members)