



	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 5/19						
5:00 - 6:15 pm		Yoga for Every Body					
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

**Mother's Day Restorative Yoga
with Gong Sound Bath
Sunday, May 12
2:00 - 3:30 pm**

Experience ultimate relaxation this Mother's Day with our Restorative Yoga Workshop paired with a Gong Sound Bath. Let go of stress as our experienced instructor guides you through gentle yoga poses, while the harmonious sounds of the gong wash over you, leaving you feeling refreshed and renewed. Treat yourself or a loved one to this blissful escape honoring the spirit of motherhood.

Pre-registration required.

\$30 per person (15% off for members)

**May Full Moon Workshop
Friday, April 24
6:30 - 8:00 pm**

Full Moons signal the completion of a cycle. Cultures around the world use them as markers for the ending of the month, changes in the seasons, and to track our place within the Universe. This 90-minute session utilizes movement, meditation, breathwork, sound, and other yogic practices to explore how we can release the behaviors, mindsets, and emotions that keep us stuck in old patterns and make space for new opportunities in the following month.

Pre-registration suggested.

\$30 per person (15% off for members)

**Establishing a Home Yoga Practice
Saturday, June 1
2:00 - 3:30 pm**

This 1.5-hour workshop will teach you how to develop a home Yoga practice. The workshop will include how to select and sequence yoga poses, setting up your practice space, and modifying your practice to meet your daily needs. We will discuss how to fit yoga into your daily life. A home practice is a great way to establish a stronger yoga practice. This workshop is open to yoga students of all levels; some yoga experience is recommended.

Pre-registration required.

\$30 per person (15% off for members)

**Aerial Yoga for Beginners:
4-week course
Saturdays, June 1-22
12:30 - 1:30 pm**

Join Beth for a 4-week series to get acquainted with yoga in the aerial swing. IYT's unique aerial style incorporates the aerial swing into traditional-style yoga classes for a fun and challenging experience. This introduction is appropriate for all beginner students. Gain confidence, strength and flexibility!

Pre-registration required.

\$99 per person (15% off for members)