

NEW CLASSES!

Yoga Classes

Basic Yoga:

Mon/Wed: 10:45 am

Tues/Thurs: Noon

Define and improve range of motion; enhance balance; strengthen muscles and bones; soothe ligaments, tendons and joints; and develop body/mind connection of how you sit, stand and move about your day. All abilities are welcome in this non-competitive class that let's you progress at your own place.

Intermediate (Hatha) Yoga:

Tues/Thurs: 6:30 am & 5:00 pm

Fridays: 6:30 am & 10:45 am

Saturdays: 10:30 am

Sundays: 7:05 am

This moderately paced class teaches classic yoga postures through breath and deepened awareness.

Trains the mind to remain alert, focused and composed. Improves muscle tone, strength and balance and can strengthen the spine.

