

MORE Yoga



New Instructor: Yoga Basics

Tuesday 9:15-10am

The first part of class is workshop style; breaking down the poses to develop clear and safe alignment. The 2nd half of class puts what you have learned into a flow. Perfect for beginners to learn the basics or for regular students to refresh and learn something new.

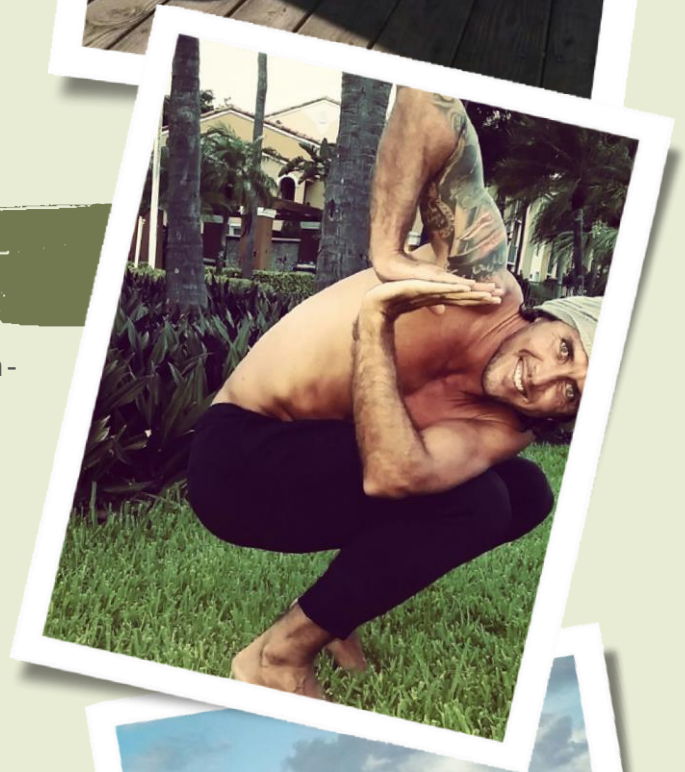
Intermediate Yoga

Wednesday 5:15-6:15pm

This Yoga class incorporates conscious breathwork, vinyasa flows, sun salutations, and balance poses to stretch, strengthen the body and increase your flexibility. All fitness levels welcome as the instructor will provide modifications.

Other Yoga Class Days & Times:

- Mon 9:15am Hatha Yoga (Janene)
- Wed 9:15am Yin Yoga (Katie)
- Fri 9:15am Hatha Yoga (Jan/Jon)
- Thurs 12:10pm Yoga/Melt (Janene)
- Mon 5:15pm Intermediate Yoga (Janene/Donna)
- Tues 5:15pm Hatha Yoga (Donna)
- Thurs 5:15pm Variety Yoga (Instructor varies)
- Sat 9:00am Sat Yoga (Instructor varies)
- Sun 12:15pm Restorative Yoga (Nicole) Runs Nov 5-April 28



Instructor:
Randall Madrigal