

Winter 2025 Offerings

Adult Classes:

Mondays: 6:00-7:15pm 9-week session **Jan 13 - March 24** (no class Jan 20 and Feb 17) Session fee: \$180

Wednesdays: 6:30-7:45pm 10-week session **Jan 15 - March 26** (no class March 5) Session fee: \$200

Missed classes can be made up at any time during the current session, space permitting. Drop-ins are also available, please contact for more information.

What to bring: Please bring a yoga mat - by doing so, you can practice what you learn at home, too! If you do not have a mat or forget your mat when coming to class, no worries, you are always welcome to borrow one from the studio. The studio will provide all additional yoga props as needed.

Yoga mats: Here's a link for a standard yoga mat that would be great for class, and is sold at a very reasonable price. They have some other mats with fun designs that you can check out.

https://yogaaccessories.com/products/18-classic-yoga-mat-by-yoga-accessories?_pos=1&_psq=mat&_ss=e&_v=1.0