

MONDAY

9:30–10:45 am	hatha flow	rose
12:30–2 pm	easy does it	anne
5:30–7 pm	deep stretch	ginny
7:30–8:45 pm	meditate/restore	ann

TUESDAY

9–10 am	vinyasa go	alesha
10:30–11:30 am	strength + stability	ginny
12:30–1:45 pm	hatha flow	staff
6–7:15 pm	vinyasa	april
7:30–8:45 pm	prenatal yoga	april

WEDNESDAY

9:30–10:45 am	hatha yoga	eugene
12:30–2 pm	easy does it	judy
6–7:15 pm	vinyasa	eugene
7:30–9 pm	yin yoga	todd

THURSDAY

9–10 am	vinyasa go	sam
10:30–11:45 am	hatha blend	ann
12:30–1:45 pm	mindful movement	noemi
5:45–6:45 pm	vinyasa go	staff
7–8 pm	deep stretch	eugene

FRIDAY

9:30– 10:30 am	vinyasa go	staff
12:30–2 pm	restorative/easy does it	ginny
events night	see online for events	

SATURDAY

8–9:30 am	back om	todd
10–11:15 am	vinyasa	alesha/sam

SUNDAY

8–9:30 am	vinyasa	katie
10–11:30 am	hatha flow	anne
4–5 pm	community class	taira/amy
5:30–7 pm	deep stretch	rose

PRICING

Drop-In Class	\$16
Community Class	\$8
45/60 min. Drop-In Class	\$12
45/60 min. 10 Class Package (good for 1 year)	\$97
Forever Pass	\$160
5*/10/20 Class Package	\$66/122/224

*Student Discount (with valid ID): 20% off 5 Class Package

Class packages expire 90 days from purchase except for the 45/60 min. 10 class pass which is valid for 1 year. Packages may be shared and transferred. Expired classes may be upgraded to forever classes or donated to our scholarship fund.

MORE ACTIVE

vinyasa / go
community class
strength + stability
hatha flow
hatha blend
hatha yoga

deep stretch

back om 

prenatal yoga

mindful movement


yin yoga 

easy does it

restorative

meditate/restore 

LESS ACTIVE

 denotes classes that often include an extended guided meditation

\$25 NEW STUDENT INTRO WEEK!

Try up to 7 classes in 7 days!

ONETIME OFFER FOR NEW STUDENTS

Local Residents only.