

Roots Yoga + Movement

Fall 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9am community class \$10 donation rotating teachers</p>	<p>9:30am slow flow britney</p> <p>6:15pm yoga therapy(75') yalith</p>	<p>9am mat pilates jill</p> <p>4:30pm core + pelvic floor (75') Amy s</p> <p>6pm core + pelvic floor (75') amy s</p>	<p>9:30am strength + mobility julie</p> <p>4:30pm yoga for healthy aging jackie</p> <p>6pm power yoga eunice</p>	<p>9am slow flow britney</p> <p>10:15am mat pilates jill</p> <p>4:30pm yin yoga britney</p> <p>6pm core + pelvic floor (75') amy d</p>	<p>9:30am strength + mobility julie</p> <p>5:00pm mastering menopause* 4- week series kay</p>	<p>9am flow for all: all levels vinyasa yalith</p> <p>10:15am kundalini yoga shanell</p> <p>Special Event! Mastering Menopause Fridays 5pm</p>

*all classes are 60' unless indicated

www.rootsspecialtyservices.com