

Roots Yoga + Movement

January 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9am community class \$10 donation rotating teachers</p>	<p>9:30am slow flow vinyasa britney</p> <p>4:30pm breathe deep yoga* begins 1.20 sophia</p> <p>6pm 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>9am slow flow vinyasa britney</p> <p>10:15am mat pilates jill</p> <p>4:30pm yin yoga britney</p>	<p>9:30am strength + mobility julie</p> <p>12 noon all levels vinyasa julie</p>	<p>9am** building strength + resilience in the new year amy</p> <p>Special Event! 6-week series: building strength + resilience in the new year</p>

*all classes are 60' unless indicated

www.rootsspecialtyservices.com