

Roots Yoga + Movement

March 2025



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|--|
| <p>9am community class \$10 donation rotating teachers</p> | <p>8:15 am yoga with weights britney</p> <p>9:30am slow flow vinyasa britney</p> <p>4:30pm breathe deep yoga 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 britney</p> <p>10:15am mat pilates jill</p> <p>4:30pm yin yoga britney</p> <p>6pm yoga with weights britney</p> | <p>9:30am strength + mobility julie</p> <p>12 noon all levels vinyasa julie</p> | <p>9-10:30** yoga therapy with Sylvie (90') *2.22- 3.29 sylvie</p> <p>*Special Event! 6-week series: Yoga Therapy with Sylvie Saturdays 9-10:30a pre-registration required!</p> |

*all classes are 60' unless indicated

www.rootsspecialtyservices.com