

# Roots Yoga + Movement

April 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>9am</b> community class \$10 donation rotating teachers</p>	<p><b>8:15 am</b> yoga with weights britney</p> <p><b>9:30am</b> slow flow vinyasa britney</p> <p><b>4:30pm</b> breathe deep yoga sophia</p> <p><b>6pm</b> yoga therapy(75') yalith</p>	<p><b>9am</b> mat pilates jill</p> <p><b>4:30pm</b> core + pelvic floor (75') Amy s</p> <p><b>6pm</b> core + pelvic floor (75') amy s</p>	<p><b>9:30am</b> strength + mobility julie</p> <p><b>4:30pm</b> yoga for healthy aging jackie</p>	<p><b>9am</b> slow flow britney</p> <p><b>10:15am</b> mat pilates jill</p> <p><b>4:30pm</b> yin yoga britney</p> <p><b>6pm</b> yoga with weights britney</p>	<p><b>9:30am</b> strength + mobility julie</p> <p><b>12 noon</b> all levels vinyasa kim b</p> <p><b>4-5:30p</b> 4-week series begins 4.25! mastering menopause kay</p>	<p><b>9-10:30**</b> yoga therapy with Sylvie (90') *4.5 - 5.10 sylvie</p>

\*all classes are 60' unless indicated

[www.rootsspecialtyservices.com](http://www.rootsspecialtyservices.com)

4-week series:  
Mastering Menopause  
Fridays 5-6:30a  
pre-registration  
required!  
**\*Special Event!**