



Yoga Drop-In Changes:

Starting Jan. 25 & 27

(those 2 days are FREE classes)

Mondays & Wednesdays

6:30 –7:30 am

Early Morning Yoga

w/ Jayme Schultz & Sharon Turlington

Starting Jan. 14

Thursdays 7:15-8:30 pm

Vinyasa Astanga Yoga w/Meg Noonan

