

# Yoga In The Pines

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'Cherry Blossoms'



This Month's  
Paint In The  
Pines!

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|---|--|---|--|--|
|  | 1   | 2   | 3  | 4   | 5  | 6  |
|  | 8:30a - GENTLE/<br>YIN<br><br>6:00p - SOUND<br>MEDITATION | 9:00a - GENTLE<br>10:30a - CHAIR<br><br>6:00p - DANCE<br>FITNESS  | 10:30a -<br>YOGALATES 90m<br><br>4:00p - GENTLE<br>6:00p - ENERGY  | 9:00a - GENTLE<br>10:30a- CHAIR<br><br>4:00p - YOGA<br>ALL LEVELS<br>6:00p - REST/YIN | 8:30a - ENERGY<br>10:00a HEATED<br>YOGA ALL LEVEL<br>6max  | 9:00a - POWER<br>10:30a - REST/YIN<br><br>6:00p - ECLIPSE<br>FIRE BOWL 90m                                 |
|  | 8   | 9   | 10   | 11  | 12   | 13   |
|  |   | 9:00a - GENTLE<br>10:30a - CHAIR<br><br>6:00p - GENTLE<br>STRETCH | 8:30a - GENTLE/<br>YIN<br><br>4:00p - YOGA<br>ALL LEVELS<br>6:00p - REST/YIN   | 9:00a - GENTLE<br>10:30a- CHAIR<br><br>4:00p - YOGA<br>ALL LEVELS<br>6:00p - REST/YIN | 8:30a - ENERGY<br>10:00a HEATED<br>YOGA ALL LEVEL<br>6max  | 9:00a - POWER<br>10:30a - REST/YIN   |
| 14   | 15  | 16  | 17   | 18  | 19   | 20   |
|  | 8:30a - GENTLE/<br>YIN<br><br>6:00p - SOUND<br>MEDITATION | 9:00a - GENTLE<br>10:30a - CHAIR<br><br>6:00p - DANCE<br>FITNESS  | 8:30a - GENTLE/<br>YIN<br>10:30a -<br>YOGALATES 90m<br><br>6:00p - ENERGY  | 9:00a - GENTLE<br>10:30a- CHAIR<br><br>6:00p- CHAKRA<br>SERIES heart                  | 8:30a - ENERGY<br>10:00a HEATED<br>YOGA ALL LEVEL<br>6max  | 9:00a - POWER<br>10:30a - REST/YIN   |
| 21   | 22  | 23  | 24   | 25  | 26   | 27   |
| 3:00p - KRAFT<br>WITH KAYLA -<br>tote bag paint<br>party 60m | 8:30a - GENTLE/<br>YIN<br><br>6:00p - SOUND<br>MEDITATION | 9:00a - GENTLE<br>10:30a - CHAIR<br><br>6:00p - DANCE<br>FITNESS  | 4:00p - YOGA<br>ALL LEVELS<br>6:00p - REST/YIN   | 9:00a - GENTLE<br>10:30a- CHAIR<br><br>4:00-6:00p -<br>ENERGY TUNE<br>UPS donations   | 8:30a - ENERGY<br>10:00a HEATED<br>YOGA ALL LEVEL<br>6max<br>6:00p - PAINT IN<br>THE PINES<br>120m | 9:00a - POWER<br>9:00a - SOUND<br>MEDITATION *AT<br>LODGE AT 5600**<br>10:30a - FAMILY<br>FUN EVENT<br>90m |
| 28   | 29  | 30  | <p><b>PRICING:</b><br/>\$16 - Single Drop-In Class    \$13 - Senior Discount Drop-In<br/>\$55 - 4 Class Pass (valid 60d)    \$5 - Chair Class Discount<br/>\$108 - Unlimited Pass (30d)    \$75 - Unlimited Zoom Access</p> <p>- All studio classes are 75 minutes unless otherwise stated.<br/>- Walk-ins welcome for regularly scheduled weekly classes!!<br/>Must Register for Events, Workshops, Heated Yoga (6 max)<br/>to save your spot. Walk-ins are welcome as space is available<br/>**Denotes Classes held at Lodge at 5600 in Pine AZ**<br/>Register at <a href="http://www.YogaInThePines.com">www.YogaInThePines.com</a></p> |   |  |  |
| 9:00 - YOGA ALL<br>LEVELS **AT<br>LODGE AT 5600*             |   | 9:00a - GENTLE<br>10:30a - CHAIR<br><br>6:00p - DANCE<br>FITNESS  |  |   |  |  |
|  | 6:00p - SOUND<br>MEDITATION                               |   |  |   |  |  |