

# Yoga In The Pines

501 W. Frontier St.

Payson Arizona

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

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## Instructors:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 4:30p CANDLELIT RESTORATIVE YOGA	2 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	3 8:30 MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B	4 7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA	5 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 4-4:45p KIDS 4-10	6 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	7 9:00a STRENGTH & STRETCH YOGA 11:00a SLOW FLOW INTO YIN 1:00p PELVIC FLOOR POWER
8 4:30p CANDLELIT RESTORATIVE YOGA	9 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	10 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B	11 7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA	12 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 4-4:45p KIDS 4-10	13 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	14 9:00a STRENGTH & STRETCH YOGA 11:00a VALENTINES DAY YOGA
15 11:00a ENERGY FLOW YOGA 4:30p CANDLELIT RESTORATIVE YOGA	16 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	17 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B	18 7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA	19 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 4-4:45p KIDS 4-10	20 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	21 9:00a STRENGTH & STRETCH YOGA 11:00a SLOW FLOW INTO YIN
22 11:00a ENERGY FLOW YOGA 4:30p CANDLELIT RESTORATIVE YOGA	23 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	24 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B	25 7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA	26 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 4-4:45p KIDS 4-10	27 11:00a GENTLE AND YIN YOGA	28 9:00a STRENGTH & STRETCH YOGA 11:00a SLOW FLOW INTO YIN
	**FOR SPECIAL EVENTS AND WORKSHOPS - SEE THE JOY EVENT CALENDAR				<u>PRICING</u>	
					\$17 - Single Drop-In Class      \$14 - Senior Discount Drop-In	
					\$60 - 4 Class Package      Chair Class - Donation *Heart of AZ	
					\$108 - Unlimited 30 day Pass      \$75 - Unlimited Zoom 30 day	
					- All studio classes are 75 minutes unless otherwise stated.	
					- Walk-ins welcome for regularly scheduled weekly classes	
					- ZUMBA \$10 (60 minute class)	
					- KIDS MOVEMENT EXPLORATION \$10 Age 4-10 (ESA available)	
					**All Special Events/ Workshops now on JOY EVENT CALENDAR	