

Yoga In The Pines

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Payson Arizona

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2026

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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 5:30p SOMASYNC SOUND HEALING	4 7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 5:30p EXPLORATIVE YOGA	5 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 4-4:45p KIDS 4-10 5:30p ENERGY FLOW YOGA	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 5:30p SOMASYNC SOUND HEALING	11 7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 5:30p EXPLORATIVE YOGA	12 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 4-4:45p KIDS 4-10 5:30p ENERGY FLOW YOGA	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 5:30p SOMASYNC SOUND HEALING	18 7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 5:30p EXPLORATIVE YOGA	19 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 4-4:45p KIDS 4-10 5:30p ENERGY FLOW YOGA	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 5:30p SOMASYNC SOUND HEALING	25 7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 5:30p EXPLORATIVE YOGA	26 8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 4-4:45p KIDS 4-10 5:30p ENERGY FLOW YOGA	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				PRICING \$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		