



Yoga In The Pines

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Payson Arizona
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2026

Instructors:

Megan - @meganerbeyoga
Jessica - @soundsoftthesoulhealingarts
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Tina
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRICING \$17 - Single Drop-In Class \$14 - Senior Discount Drop-In \$60 - 4 Class Package Chair & QiGong - 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 (60minutes) - MOBILITY FITNESS \$10 (30minutes) - SUMMER SPECIAL - Yoga in the Park 60min All Levels Yoga **All Special Events/ Workshops see JOY EVENTS CALENDAR				*** ALL CLASSES ARE INCLUDED IN UNLIMITED CLASS PASSES - Best Deal for Your Dollar \$108	8:15a ENERGY FLOW (60min) 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	10:00a SLOW FLOW WITH YIN
11:00a ENERGY FLOW YOGA 4:30p CANDLELIT RESTORATIVE YOGA	7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p SOMASYNC SOUND HEALING	7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 4:30p ZUMBA 5:30p ALL LEVELS YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p ALL LEVELS YOGA	8:15a ENERGY FLOW (60min) 11:00a GENTLE AND YIN YOGA	10:00a SLOW FLOW WITH YIN
*** MOTHER'S DAY SPECIAL *** From May 3rd - 9th, bring a mom for free! With 30 day pass / drop in - One time only	7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p SOMASYNC SOUND HEALING	7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 5:30p ALL LEVELS YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	8:15a ENERGY FLOW (60min) 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN THE PARK (60m) 10:00a SLOW FLOW WITH YIN
11:00a ENERGY FLOW YOGA 4:30p CANDLELIT RESTORATIVE YOGA	7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p SOMASYNC SOUND HEALING	7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 6:15p STRETCH / FLOW YOGA 60m	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	8:15a ENERGY FLOW (60min) 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN THE PARK (60m) 10:00a SLOW FLOW WITH YIN
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