

Yoga In The Pines

501 W Frontier St.

Payson Arizona

928-476-0828

www.YogaInThePines.com



2026

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga
 Jessica - @soundsofthesoulhealingarts
 Lisa - @2mcnabs
 Tracy @tracywengonzo
 Victoria @rimcountrywellness
 William - @willin_az
 Gail - as Mother Mallard
 Tina
 Amitayus
 Jamie
 Sarah
 Micky

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 - Please Register for Events, Workshops, Special Events - ZUMBA \$5 Introductory Special for January (60 minute class) - KIDS MOVEMENT/ MINDFULNESS \$10 age 4-7 (ESA available)			 January Paint Class		1 2 3	4 5 6
4 4:30p YOGA NIDRA	5 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 4:30p GENTLE AND YIN YOGA 6:00p ZUMBA	6 8:00a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:00a CHAIR S+B 5:30p SOMASYNC SOUND HEALING	7 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 5:30p EXPLORATIVE YOGA	8 8:00a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:00a CHAIR S+B 4-4:45p KIDS 4-7 5:30p POWER FLOW YOGA	9 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA 5:30-7:30p WOM-ENS CIRCLE -Jenna	10 9:30a GENTLE YOGA 11:00a SLOW FLOW INTO YIN YOGA 9:30a STRENGTH & STRETCH YOGA 11:00a SLOW FLOW INTO YIN YOGA
11 4:30p CANDLELIT RESTORATIVE YOGA	12 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 4:30p GENTLE AND YIN YOGA 6:00p ZUMBA	13 8:00a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:00a CHAIR S+B 5:30p SOMASYNC SOUND HEALING	14 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 5:30p EXPLORATIVE YOGA	15 8:00a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:00a CHAIR S+B 4-4:45p KIDS 4-7 5:30p POWER FLOW YOGA	16 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA 5:30-7:30p WOM-ENS CIRCLE -Jenna	17 9:30a GENTLE YOGA 11:00a SLOW FLOW INTO YIN YOGA 9:30a STRENGTH & STRETCH YOGA 11:00a SLOW FLOW INTO YIN YOGA
18 3:00-4p SOUND/ LIGHT JOURNEY 4:30p CANDLELIT RESTORATIVE YOGA	19 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 4:30p GENTLE AND YIN YOGA 6:00p ZUMBA	20 8:00a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:00a CHAIR S+B 5:30p SOMASYNC SOUND HEALING	21 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 5:30p EXPLORATIVE YOGA	22 8:00a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:00a CHAIR S+B 4-4:45p KIDS 4-7 5:30p POWER FLOW YOGA	23 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA 6:00-8:00p PAINT IN THE PINES	24 9:30a STRENGTH & STRETCH YOGA 11:00a SLOW FLOW INTO YIN YOGA 10:30a FREE KIDS EVENT-M Mallard
25 4:30p CANDLELIT RESTORATIVE YOGA	26 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 4:30p GENTLE AND YIN YOGA 6:00p ZUMBA	27 8:00a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:00a CHAIR S+B 5:30p SOMASYNC SOUND HEALING	28 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 5:30p EXPLORATIVE YOGA	29 8:00a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:00a CHAIR S+B 4-4:45p KIDS 4-7 5:30p POWER FLOW YOGA	30 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	31 11:00a-3:00p JOY WELLNESS FAIR!! Visit many local wellness small business. Win prizes. Eat food.