

Yoga In The Pines

501 W Frontier St.

Payson Arizona

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www.YogaInThePines.com

JANUARY

2026

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga
Jessica - @soundsofthesoulhealingarts
Lisa - @2mcnabs
Tracy @tracygwengonzo
Victoria @rimcountrywellness
William - @willin_az
Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>PRICING</u>					
\$17 - Single Drop-In Class \$60 - 4 Class Package \$108 - Unlimited 30 day Pass - 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)	\$14 - Senior Discount Drop-In Chair Class - Donation *Heart of AZ \$75 - Unlimited Zoom 30 day		 January Paint Class	1 	2 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	3 9:30a GENTLE YOGA 11:00a SLOW FLOW INTO YIN YOGA
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 11:00a CHAIR S+B 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	10 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 11:00a CHAIR S+B 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 WOMENS CIRCLE -Jenna	17 9:30a GENTLE 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 11:00a CHAIR S+B 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 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 11:00a CHAIR S+B 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.