



Fall 2025 – Spring 2026

Gentle Yoga Mondays 10:15 AM	Sept 15-Oct 27 (code 149778)	Nov 3-Dec 15 (code 149779)	Jan 5-Feb 9 (code 149780)	Feb 23-Mar 30 (code 149781)
Chair Yogalates Tuesdays 9:30 AM	Sept 16-Oct 28 (code 149783)	Nov 4-Dec 16 (code 149785)	Jan 6-Feb 17 (code 149786)	Feb 24-Mar 31 (code 149787)
Men's Yoga Tuesdays 5:15 PM	Sept 16-Oct 28 (code 149788)	Nov 4-Dec 16 (code 149789)	Jan 6-Feb 17 (code 149790)	Feb 24-Mar 31 (code 149791)
Yogalates Wednesdays 9:00 AM	Sept 17-Oct 29 (code 149793)	Nov 5-Dec 17 (code 149794)	Jan 7-Feb 18 (code 149795)	Feb 25-Mar 25 (code 149796)
Yoga 4 Kids Wednesdays 3:30 PM	Sept 17-Oct 29 (code 149395)	Nov 5-Dec 17 (code 149396)	Jan 7-Feb 18 (code 149397)	Feb 25-Mar 25 (code 149398)
50+ Chair Fitness Yogalates Thursdays 9:00 AM	Sept 18-Oct 30 (code 149798)	Nov 6-Dec 18 (code 149801)	Jan 8-Feb 19 (code 149803)	Feb 26-Mar 26 (code 149805)
Yogalates Thursdays 5:15 PM	Sept 18-Oct 30 (code 149817)	Nov 6-Dec 18 (code 149818)	Jan 8-Feb 19 (code 149819)	Feb 26-Mar 26 (code 149820)