



Power Yoga class Sunday, January 29th 1:00 – 2:00 p.m.

Immerse yourself in this challenging vinyasa flow class that will include core strengthening poses and deep stretch seated poses. Relieve your stress with this invigorating class.

\$10 in advance \$13 day of event

Hip Hop Dance class Thursday, February 9th 7:30 – 8:30 p.m.

Learn the latest hip-hop dance moves! Class will start with a warm-up then learn a fun combination! No experience needed! Have fun while working out to great music!

\$10 in advance \$13 day of event



Mind Body Alignment Yoga Class Monday, February 6th 7:30 – 8:30 p.m.

Katrin Naumann E-RYT will lead a class based in the Iyengar tradition. Begin with breath awareness moving into poses to improve spinal alignment, flexibility, balance, strength, circulation and metabolism.

\$10 in advance - \$13 day of event.



Valentines Couples Yoga Sunday February 12th 1:00 – 2:00

A unique and romantic way to reconnect with your loved one! Supported poses and stretches.

\$20 per couple in advance - \$25 day of the event