

Mondays 5pm Vinyasa Yoga \$12 with MaryBeth 2nd floor

Wednesdays 10am Yoga Flow \$10 with Hollie 1st Floor

Thursdays 6pm Hip Hop Fitness \$5 with Cap 2nd floor

Saturdays 9am Tai Chi with Terri \$10 1st floor

Sundays 10am Meditation Donation BASED with Susan 2nd floor

Sundays 11:30am Yoga Flow \$10 with Hollie 1st floor