

# Roots Yoga + Movement

## Fall 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9am</b> <b>community class</b> (donation based class) rotating teachers	<b>8:15 am</b> <b>yoga with weights</b> britney  <b>4:30pm</b> <b>breathe deep yoga</b> kim d	<b>9am</b> <b>mat pilates</b> jill  <b>3:15pm</b> <b>breathe deep yoga</b> sophia  <b>4:30pm &amp; 6pm</b> <b>core + pelvic floor (75')</b> amy s	<b>9:30am</b> <b>yoga for strength + mobility</b> britt c  <b>4:30pm</b> <b>yoga for healthy aging</b> jackie  <b>6pm</b> <b>restorative yoga</b> lauren	<b>9am</b> <b>slow flow yoga</b> britney  <b>10:15am</b> <b>mat pilates</b> jill  <b>4:30pm</b> <b>yin yoga</b> britney  <b>6pm</b> <b>yoga with weights</b> britney	<b>9:30am</b> <b>yoga for strength + mobility</b> britt c  <b>12 noon</b> <b>all levels vinyasa</b> kim b	<b>9/13-10/18 9am</b> <b>yoga for hip health (75')</b> *special series, pre-registration required julie s  <b>9/20 @ 1pm</b> <b>restorative grief yoga</b> *special event, register in advance kim b

[www.rootsspecialtyservices.com](http://www.rootsspecialtyservices.com)

\*all classes are 60' unless indicated