

Roots Yoga + Movement

October 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am community class (donation based class) rotating teachers	8:15 am yoga with weights britney 4:30pm breathe deep yoga kim d	9am mat pilates jill 3:15pm breathe deep yoga sophia 4:30pm core + pelvic floor (75') amy s 6pm pilates (75') jill	9:30am yoga for strength + mobility britt c 4:30pm yoga for healthy aging jackie 6pm restorative yoga lauren	9am slow flow yoga britney 10:15am mat pilates jill 4:30pm yin yoga britney 6pm yoga with weights britney	9:30am yoga for strength + mobility britt c 12 noon all levels vinyasa kim b	9.13-10.18, 9am yoga for hip health (75') <i>*special series, pre-registration required</i> julie s 10/25 @ 1pm restorative grief yoga <i>*special event, register in advance</i> kim b 10/26 @ 10:30 am Bring Your Grown Up to Yoga!

www.rootsspecialtyservices.com

*all classes are 60' unless indicated