

Roots Yoga + Movement

November 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 yoga for healthy aging kim d	6:45am (50') morning awakening britt 9am mat pilates jill 4:30pm core + pelvic floor (75') sophia 6pm core + pelvic floor (75') amy s	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	11.1 - 11.22, 9am creative dance *special series, register in advance sophia 11/22 @ 1pm restorative grief yoga *special event, register in advance kim b

www.rootsspecialtyservices.com

*all classes are 60' unless indicated