

Yoga & Movement Classes

June 2026



ROOTS

sign up here



Pricing

Drop In: \$25
6 class pack: \$125
10 class pack: \$200
unlimited monthly: \$149
students + seniors (60+): \$139
*Special class pricing varies

Monday

9 am
Yoga with Weights
Britney

4:30 pm
Yoga for Healthy Aging
+ ✨ ✨ ✨
Kim D.

Specialty Pop-Up
Jun 29
6 pm
Full Moon Rage
Kay

Tuesday

6:45 am
Awakening Flow
Britt C.

9 am
Mat Pilates
Jill

4:30 pm
Core + Pelvic Floor
Kim B.

6 pm
Restorative Yoga
Kim B.

Wednesday

9:30 am
Strength + Mobility
Britt C.

12pm
Affirmative Flow for Queer Folx
(Donation based)
Jayna

4:30 pm
Yoga for Healthy Aging
Jackie

6 pm
Mat Pilates
Jill

Thursday

9 am
Slow Flow
Britney

10:15 am
Mat Pilates
Jill

4:30 pm
Yin Yoga
Britney

6 pm
Yoga with Weights
Britney

Friday

9:30 am
Strength + Mobility
Britt C.

+ ✨ ✨ ✨
7-Week Series:
May 1 - Jun 19, 6pm
Yin Yoga Reset Series
Britney

Saturday

Sunday

9 am
Community Class
(Donation based)
Rotating Teachers