

Yoga Garden Class Schedule March 2026

Monday

9:30-10:30 am Yoga Basics Plus/Jackie
11:15-12:15 pm Circuit Training w/Jackie **Limit 20 students. Walk-ins welcome if there is space.**

Tuesday

9:30-10:30 am Mat Pilates w/Sefi

Wednesday

8-9 am Circuit Training w/Mateo **Walk-ins welcome if there is space.**
9:30-10:30 am Vinyasa Flow Yoga w/Sarah
11-12 pm Chair Pilates w/Sefi

Thursday

9:30-10:30 am Yoga Basics Plus w/Jackie
11-12pm Gentle Yoga for Seniors and Beginners w/Jackie

Friday

9:30-10:30 am Mat Pilates w/ Sefi
11:15-12:15 pm Circuit Training w/Jackie **Limit 20 students. Walk-ins welcome if there is space.**

Saturday

9:30-10:30 am Saturday Yoga: Nourish and Restore w/Sarah
11:00-12:00 pm **SPECIAL EVENT March 14 and 28: Flow Into Spring: Gentle Qigong for Flexibility, Vitality, and Renewal (Donation class w/ Sue Crites)**
12:30-2:00 pm Singing for Fun w/Jeanette

Sunday

9:30-11am YIN Yoga and Crystal Bowl Sound Bath w/Jackie **(Final class March 29)**

Contact your instructors for further information or to sign up for classes.

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