

Fall 2025 Offerings

Adult Classes:

Mondays: 6:00-7:15pm September 15 - December 15 (no class 9/29,10/13, 11/10, 11/24)

Wednesdays: 6:30-7:45pm September 17 - December 10 (no class 11/26)

Missed classes can be made up at any time during the current session, space permitting. Drop-ins are also available, please contact for more information.

What to bring: Please bring a yoga mat - by doing so, you can practice what you learn at home, too! Mats can be purchased at local stores (or online - see link below). If you forget your mat when coming to class, no worries, you are always welcome to borrow one from the studio. The studio will provide other yoga props as needed.

Yoga mats: Here's a link for a standard yoga mat that would be great for class, and is sold at a very reasonable price. They have some other mats with fun designs that you can check out.

http://www.yogaaccessories.com/18-Classic-Yoga-Mat_p_121404.html