

YOGA GARDEN SCHEDULE
SESSION #3: February 22 – April 2, 2021

MONDAY:

8-9 am Vinyasa Flow Yoga w/Sarah
9:30-10:30 am Yoga Basics Plus w/Jackie
11-12 noon Aligned and Well Therapeutic Yoga w/Jackie

TUESDAY:

8-9 am Ball Fusion w/Sefi
9:30-10:30 am Matworks Pilates w/Sefi

WEDNESDAY:

11-12 noon Gentle Yoga 55+ w/Sefi (substituting on Wednesdays for Janet during Session #3)

THURSDAY:

9:30-10:30 am Yoga Basics Plus w/Jackie
11-12 noon Aligned and Well Therapeutic Yoga w/Jackie

FRIDAY:

8-9 am Ball Fusion w/Sefi
9:30-10:30 am Matworks Pilates w/Sefi
11-12 noon Gentle Yoga 55+ w/Jackie (substituting on Fridays for Janet during Session #3)

SATURDAY:

9-10 am Slow Flow Yoga w/Megan (4-week session starts Saturday, Feb. 27 and ends Saturday March 20).

SUNDAY:

No Sunday classes

Reservations and pre-payment are required for each class session. Please check the class descriptions and contact the individual instructors to reserve your space for the session. Masks must be worn at all times while inside the studio, including during classes.

To sign up for Session #3 classes, please contact:

Jackie jackiereeves1002@gmail.com
Sefi sefiheld@gmail.com
Megan bajachakra@gmail.com

Jules Harris and Dr. Dennis O'Brien are seeing clients in their individual wellness studios. Please book your appointments directly with them.

Jules Julesinspace@hotmail.com
Dennis densaidyes@aol.com