

Our All-levels classes do not assume prior yoga experience.

Classes are held in the Sundial Yoga Room.

Bring a yoga mat and a small blanket or beach towel, and water.

Please arrive 25 - 30 minutes before class to sign in and pay, door closes 10 minutes before class. Scroll down to see the complete list.

YOGA MAT classes Winter Nov-May – Summer June-Oct subject to change :

Monday

8:30am - 9:45am [All-levels](#)

10:30am - 11:45am [Vinyasa](#)

6:00pm - 7:15pm [All-levels](#)

Tuesday

8:00am - 9:15am [All-levels](#)

10:00am - 11:15am [All-levels](#)

Wednesday

8:30am - 9:45am [Level-2](#)

4:00pm - 5:15pm [Slow-Flow](#)

6:00pm - 7:15pm [Gentle](#)

Thursday

8:00am - 9:15am [Beginner](#)

10:00am - 11:15am [All-levels](#)

Friday

9:00am - 10:15am [All-levels](#)

Saturday

8:00am - 9:15am [All-levels](#)

10:00am - 11:30am [All-levels](#)

YOGA CHAIR CLASSES

PRE-REGISTRATION REQUIRED

Monday

1:00pm - 2:15pm

Wednesday

10:30am - 11:45am

Thursday
1:00pm - 2:15pm

Friday
1:00pm - 2:15pm

Call for information on chair classes Carlyn at 623-972-9602 or Marci at 623-980-8528.

**Our beginners class is an introduction to the yoga poses and proper alignment.
A new member, however, may go to any of our Mat All-level or Gentle classes.**