

# MAY

SUN

MON

TUE

WED

THU

FRI

SAT

27

28

29

30

1

2

3

10am Tone & Flow w/Valerie  
 12-1pm Yoga Book Club "The Untethered Soul"  
 5 pm Restorative w/ Eva

4

8:30 am Gentle Yoga w/Eva  
 5:30pm Vinyasa Flow w/Jan

5

5:45am 45min Sunrise Vinyasa Flow w/Katie  
 8 am Barre w/Deanna  
 5:30pm Hatha Yoga w/Sheena  
 6pm Slow Flow @First Presbyterian Church w/Jan

6

8:30 am Slow Flow w/Sheena  
 6pm Warm Power Flow w/Deanna

7

5:45am 45min Sunrise Vinyasa Flow w/Katie  
 9am Gentle Yoga w/Eva  
 5:45 pm Gentle Yoga w/Eva

8

9am Slow Flow w/Jan

9

10 am Grow & Flow w/ Jan at Kiwanis Family Park  
 12pm 2 Hr Root to Crown Workshop: Heart Chakra w/ Sheena

10

10am Tone & Flow w/Sheena  
 1:30 pm Prenatal w/ Deanna  
 5 pm Stretch & Align w/Katie

11

8:30 am Gentle Yoga w/Eva  
 5:30pm Vinyasa Flow w/JGretchen

12

5:45am 45min Sunrise Vinyasa Flow w/Katie  
 8 am Barre w/Deanna  
 5:30pm Hatha Yoga w/Sheena  
 6pm Slow Flow @First Presbyterian Church w/Jan

13

8:30 am Slow Flow w/Sheena  
 6pm Warm Power Flow w/Gretchen

14

5:45am 45min Sunrise Vinyasa Flow w/Katie  
 9am Restorative Yoga w/Eva  
 5:45 pm Gentle Yoga w/Eva

15

9am Slow Flow w/Katie  
 6 pm Zumba w/Rosa

16

9am Vinyasa w/ Emerald  
 5 pm Berry Connected: A sweet flow for two w/ Gretchen

17

10am Tone & Flow w/Sheena  
 11:30 Shakti & Sound w/ Xochi

18

8:30 am Gentle Yoga w/Eva  
 5:30pm Vinyasa Flow w/Jan  
 7 pm Flower Full Moon Yoga w/ Sheena

19

5:45am 45min Sunrise Vinyasa Flow w/Katie  
 8am Barre w/ Deanna  
 5:30pm Hatha Yoga w/Sheena  
 6pm Slow Flow @First Presbyterian Church w/Jan  
 7-8:15 pm Drum Journey with Reiki

20

8:30 am Slow Flow w/Sheena  
 6pm Warm Power Flow w/Deanna

21

5:45am 45min Sunrise Vinyasa Flow w/Katie  
 9am Gentle Yoga w/Eva  
 5:45 pm Gentle Yoga w/ Eva

22

9am Slow Flow w/Jan  
 6 pm Yoga Nidra w/Sheena

23

11am LSD w/Deanna

24

10am Tone & Flow w/Sheena  
 11:30am 75min SoulFlow w/Deanna; Theme: Nourish & Bloom  
 3pm Beginner yoga w/ Eva  
 5pm Restorative w/Eva

25

8:30 am Gentle Yoga w/Eva  
 5:30 Vinyasa Flow w/JGretchen

26

5:45am 45min Sunrise Vinyasa Flow w/Katie  
 8 am Barre w/ Deanna  
 5:30pm Hatha Yoga w/Gretchen  
 6pm Slow Flow @First Presbyterian Church w/Jan

27

8:30 am Slow Flow w/Emerald  
 6pm Warm Power Flow w/Gretchen

28

5:45am 45min Sunrise Vinyasa Flow w/Jan  
 9am Yoga Holds w/Eva  
 5:45 pm Gentle w/ Eva

29

9am Slow Flow w/Jan  
 12pm Lunchtime Reset w/ Eva  
 5:45 pm Advanced Asana w/Gretchen

30

9am Barre w/ Deanna

31

10am Tone & Flow w/Deanna  
 1:30 pm Prenatal w/ Deanna  
 5pm restorative & lymphatic drainage w/ Katie & Heather

25

8:30 am Gentle Yoga w/Eva  
 10:30 Salute to Service w/ Emerald  
 5:30pm Vinyasa Flow w/Jan

26

5:45am 45min Sunrise Vinyasa Flow w/Katie  
 8am Barre w/ Deanna  
 5:30pm Hatha Yoga w/Gretchen  
 6pm Slow Flow @First Presbyterian Church w/Jan

27

8:30 am Slow Flow w/Emerald  
 6pm Warm Power Flow w/Deanna

28

5:45am 45min Sunrise Vinyasa Flow w/Katie  
 9am Gentle Yoga w/Eva  
 5:45 pm Gentle Yoga w/Eva

29

9am Slow Flow w/Jan  
 6-8pm 7 Lights Reiki Circle Free to attend

30

9am Vinyasa w/ Gretchen  
 3-4:15pm Elemental Breathwork w/ Carrie

31

Calendar Key:

Special Classes and Workshops

Warm Classes



2025