

GROUP FITNESS DROP-IN SCHEDULE | ADULT & YOUTH | REVISED DEC 5, 2025

PROGRAMS ARE OPEN TO ALL PATRONS 12+ YEARS. FOR PROGRAM DESCRIPTIONS AND INTENSITY RATINGS, SEE BELOW

SUN	MON	TUE	WED	THU	FRI	SAT
		YOGA HATHA 7-8PM Studio Suzanne		YOGA HATHA 7-8PM Studio Ken <i>*no class Dec 25 Jan 1</i>		YOGA HATHA 11:30AM -12:30PM Studio Cynthia

ACTIVITY DESCRIPTIONS & INTENSITY RATING**YOGA - HATHA**

2-4

Intended for everybody. Hatha Yoga refers to the origins of all yoga styles. It includes a wide range of movements and postures that stretch, strengthen, align and stimulate all systems of the body. This practice is a great compliment to any form of physical activity, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga.

INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

**Please bring your own yoga mat and a towel. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.*

**Please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends*

