

DECEMBER CLASS SCHEDULE

MONDAY

7:45am: Strength for Life with Ruth Ricards

9:00am: Gentle Yoga with Lisa Hammond

6:30pm: A TONement Strength w/ Michelle Pina

TUESDAY

7:00am: Meditation with Renee Swenson

7:45am: Nia – Fusion Dance Fitness w/ Melissa Diaz

9:00am: Chair Yoga with Gladys Racette

4:00pm: Gentle Yoga with Lisa Hammond

5:15pm: Restorative Yoga with Gladys Racette

6:30pm: Balance and Strength with Shiva Esther

WEDNESDAY

5:45am: Sunrise Yoga with Lisa Hammond

7:45am: Pilates with Jennefer Hime

9:00am: Gentle Yoga with Carrie Sherwood

4:00pm: Intro to Vinyasa Flow Yoga with Jennefer Hime

5:15pm: Nia – Fusion Dance Fitness w/ Melissa Diaz

6:30pm: A TONement Strength w/ Michelle Pina

THURSDAY

7:00am: Meditation with Renee Swenson

7:45am: Nia – Fusion Dance Fitness w/ Melissa Diaz

9:00am: Chair Yoga with Gladys Racette

4:00pm: Gentle Yoga with Lisa Hammond

5:15pm: Restorative Yoga with Gladys Racette

6:30pm: Balance and Strength with Shiva Esther

FRIDAY

7:45am: Strength for Life with Ruth Ricards

9:00am: Vinyasa Flow Yoga with Jennefer Hime

SATURDAY

8:30am: Vinyasa Flow Yoga with Jennefer Hime

9:45am: Nia – Fusion Dance Fitness

*Schedule subject to change instructors or cancel. Please check regenyoga.com to confirm.



Come join the newest boutique studio in Fillmore. We offer over 25 classes with a variety of yoga, dance, health and fitness classes that will reGENerate your mind and body.

CLASS RATES

Walk in \$10

5 Classes for \$48

10 Classes for \$89

Monthly Pass Unlimited \$59*

*((\$49 with 6-month contract)

Annual Pass Unlimited \$599 (Paid in full)

First Timers Only: Buy first class for \$10 get second class free

New Members Only: 30 Days Unlimited for \$39

Download the MINDBODY: Fitness app and find the ReGEN Yoga to view the class schedules and descriptions. You can also sign up for the classes using the MINDBODY: Fitness app.

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Check online for Special Events!

REGEN YOGA AND MOVEMENT STUDIO

448 Santa Clara Street Fillmore, CA 93015

(310) 403-4647

Regenyoga.com