

# MARCH CLASS SCHEDULE

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## MONDAY

7:45am: Strength for Life with Ruth Ricards  
9:00am: Yoga Fundamentals with Lisa Hammond  
4:00pm: Calm Classic Yoga with Gladys Racette  
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: Calm Classic Yoga with Lisa Hammond  
6:30pm: Balance and Strength with Shiva Esther  
7:30pm: Asana Overtime with Shiva Esther

## WEDNESDAY

5:30am: 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 w/ Jennefer  
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: Calm Classic Yoga with Gladys Racette  
6:30pm: Balance and Strength with Shiva Esther  
7:30pm: Asana Overtime 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](http://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.

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## 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 \$499 (Paid in full)

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

**New Members Only:** 30 Days Unlimited for \$39

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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

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[Regenyoga.com](http://Regenyoga.com)