

JULY CLASS SCHEDULE

MONDAY

7:45am: Strength for Life w/ Ruth Ricards
9:00am: Yoga Fundamentals w/ Lisa Hammond
6:30pm: A TONement Strength w/ Michelle Pina

TUESDAY

6:15am – 6:45am: Sun Salutations w/ Lisa Hammond
7:00am: Meditation w/ Renee Swenson
7:45am: Nia - Fusion Dance Fitness w/ Melissa Diaz
9:00am: Chair Yoga w/ Gladys Racette
5:30pm – 6:15pm: Energy Flow w/ Jennefer Hime
6:30pm: Balance and Strength w/ Shiva Esther

WEDNESDAY

9:00am: Gentle Yoga w/ Carrie Sherwood
5:15pm: Nia - Fusion Dance Fitness w/ Melissa Diaz
6:30pm: A TONement Strength w/ Michelle Pina

THURSDAY

6:15am- 6:45am: Sun Salutations w/ Renee Swenson
7:00am: Meditation w/ Renee Swenson
7:45am: Nia - Fusion Dance Fitness w/ Melissa Diaz
9:00am: Chair Yoga w/ Gladys Racette
6:30pm: Balance and Strength w/ Shiva Esther

FRIDAY

7:45am: Strength for Life w/ Ruth Ricards
9:00am: Vinyasa Flow Yoga w/ Jennefer Hime

SATURDAY

8:30am: Vinyasa Flow Yoga w/ Jennefer Hime
9:45am: Nia - Fusion Dance Fitness w/ Melissa Diaz

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We offer over 20 classes with a variety of yoga, dance, health and fitness classes that will reGENerate your mind and body.

CLASS RATES

Walk in \$15*

*Senior Walk in 65 plus \$10

5 Classes for \$58

10 Classes for \$99

Monthly Pass Unlimited \$69

Monthly Unlimited w/ 6-month contract \$59

Annual Pass Unlimited \$599 (Paid in full)

New Members Only: 30 Days Unlimited for \$39

First Timers Only: Buy 1st class, 2nd class is free!

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.

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

Check online for Special Events & Master Classes

Studio Rental Available

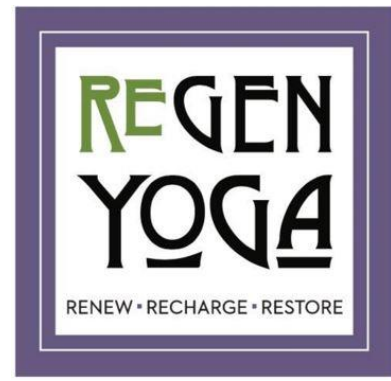
REGEN YOGA AND MOVEMENT STUDIO

448 Santa Clara Street Fillmore, CA 93015

(310) 403-4647 Regenyoga.com

 @ReGenYogaandMovement

 @regen_yoga_and_movement



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