



MONDAYS

6:30 - 7:30 PM: Yoga For Everyone (Darlene)

WEDNESDAYS

6:30 - 7:30 PM: Yin Yoga (Reid)

TUESDAYS

9:30 - 10:30 AM: Ease Into Yoga with Alex

5:00 - 6:15 PM: Tai Chi Fitness Class (Jennifer)
Begins May 1st, 2012

6:30 - 7:45 PM: Vinyasa Flow Yoga (Pattera)

THURSDAYS

9:30 - 10:30 AM: Ease Into Yoga with Alex

6:00 - 7:00 PM: Restorative Yoga (Alex)

Classes are held at RE/MAX Results; 1567 North Eastman Road, Kingsport, Tennessee 37664.

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