

Current Class Schedule

YOGA

Monday's 11:00 a.m. to 12:00 p.m..... [Yoga with Lynn](#)

Tuesday's 9:30 a.m. to 10:30 a.m..... [Yin Yoga-Time with Jen](#)

Wednesday's 12:00 p.m. to 1:00 p.m..... [Lunchtime Yoga with Jen](#)

Thursday's 9:30 a.m. to 10:30 a.m..... [Yoga Relax and Restore with Jen](#)

Friday's 10:00 a.m. to 11:00 a.m..... [Yoga for Golfers with Jen](#)

MAT Pilates

Tuesday's 11:30 a.m. to 12:20 p.m.

Thursday's 11:30 a.m. to 12:20 p.m.

Please email Dedre at dedremills@gmail.com to reserve your spot.

***** All classes are currently limited to 6 ppl.**

Personal Training (By Appointment)

Colton Glasco (970) 769-7165

Alissa Peterson (307) 340-1375

