



YOGA CLASSES: MAY 2026

Restorative Yoga with Crystal Bowl Sound Bath

5:30pm at Aquatics + Fitness Center

Friday, May 1

Friday, May 8

Friday, May 15

Vinyasa Yoga

10:00am at Aquatics + Fitness Center

Saturday, May 2

Saturday, May 9

Saturday, May 16

Saturday, May 23

Saturday, May 30

Gentle Yoga

10:30am at Aquatics + Fitness Center

Sunday, May 3

Sunday, May 10

Sunday, May 17

Call 434-325-8360 to reserve your spot.