

# THE VILLAGES YOGA CLASSES

## FALL 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30				7:30 <b>Lk Okahumpka</b> Yoga & Props 1:15 Della Bring 2 yoga blocks			
8:00	8:00 <b>Laurel Manor</b> Yoga 1:00 Janice Reynolds Adv-Beginner	8:00 <b>Seabreeze</b> Yoga 1:15 Janice Reynolds Adv-Beginner	8:00 <b>Mulberry</b> ChairYoga 1:00 Kimberly Zak (Basic)	8:00 <b>Seabreeze</b> Yoga 1:15 Janice Reynolds Adv-Beginner			
8:30	8:30 <b>Lake Miona</b> Hatha / Vinyasa 1:15 Bonnie Beeken	8:15 <b>ZOOM</b> Hatha 1:20 Sabine Litten see Passcode below	8:30 <b>Big Cypress</b> Warrior Yoga 1:00 Laraine		9:00 <b>Lake Miona</b> Vinyasa 1:00 Gianna Intermediate	9:00 <b>SeaBreeze</b> Yoga on a Ball 1:15 Tom Erline	
9:00	9:00 <b>Trillium</b> Yoga 4 All 1:00 Sheri Rowe			10:00 <b>Bradenton</b> Hatha/Vinyasa 1:15 Gail Roeske	9:00 <b>Burnsed</b> Hatha 1:15 Kathy Martucci All Levels	9:00 <b>Eisenhower</b> Hatha 1 1:00 Jayne Lewin	
9:30	9:30 <b>Big Cypress</b> Yoga 1:00 Erin DeSalvo			10:00 <b>FirstResponders</b> Yoga - Pilates 1:15 Ellen Nemer Fusion class	9:30 <b>Captiva</b> Begin+ 1:15 Janice Reynolds ChristianYoga/prayer		
10:00	10:00 <b>Riverbend</b> Yoga (Int) 1:15 Millie Brezinski To Build Strength		10:00 <b>Bacall</b> Healthy Backs 1:15 Kitty Beginner - Intermediate	10:30 <b>LaHacienda</b> All Level Yoga 1:00 Kathy Martucci	10:30 <b>Chatham</b> Hatha 1:15 Deb Conrad		
10:30					11:00 <b>Rohan</b> Gentle Yoga 1:15 Carla Schenck Emphasis on Balance	10:30 <b>Lake Miona</b> Yoga Nidra 1:00 Marybeth Grant	10:30 <b>FirstResponders</b> Hatha 1:15 Kathy Martucci All Levels
11:00	10:30 <b>Fenney</b> Yoga (Int) 1:15 Millie To Build Strength	11:00 <b>Eisenhower</b> Ashtanga 1:15 Clint Vinyasa Variations			11:00 <b>Odell</b> Adaptive Chair Yoga 1:15 Rebecca Sukle	11:00 <b>Manatee</b> Healthy Backs 1:15 Kitty Beginner - Intermediate	11:00 <b>Eisenhower</b> Hatha 2 1:15 Cat O'Neill Yoga Glow Vinyasa
11:30	11:30 <b>Aviary</b> Hatha 1:00 Richard Level 1	11:30 <b>Chatham</b> Raja Yoga 1:15 Fran			12:00 <b>ZOOM</b> Gentle Yoga 1:00 Jan Smith see Passcode below		
12:00		12:00 <b>Bradenton</b> Gentle Yoga 1:15 Jan Smith		12:00 <b>Savannah</b> Easy Yoga 1:00 Sandy Laing	12:00 <b>Ezell</b> Yoga 1:00 Janice Klingelhoefer Chair/Stand/Floor		
12:30		12:00 <b>Ezell</b> Yoga-4-U Chair Routines 1:00 Janice Klingelhoefer			12:30 <b>Water Lily</b> Yoga / Chair Yoga 1:00 Marcie Forster Chair Yoga w/ mat		
1:00	1:00 <b>Burnsed</b> Beginner+ :50 Millie Hatha					1:00 <b>Saluki</b> Chair Yoga 1:00 Sharon Range of Motion / Stretch	
1:30		1:30 <b>Sterling Heights</b> Hatha Inermediate 1:30 Sherry, Kathy, Jeanne, Sherry, & Linda				2:00 <b>Water Lily</b> Hatha 1:15 Marcie Forster Advanced Beginner	1:30 <b>Sterling Heights</b> Hatha 1:30 Jeanne
2:00	2:00 <b>Burnsed</b> Chair Yoga :50 Millie Beginner					2:00 <b>Canal Street</b> Release the Back 1:15 Della Chair / Mat	1:30 <b>Chula Vista</b> Yoga/Yoga Nidra 1:15 Claudia Spt - June
2:30			2:30 <b>La Hacienda</b> Gentle Yoga 1:15 Jan Smith	2:30 <b>Moyer</b> Yin Yoga & Balance 1:15 Clint			
3:00				3:00 <b>Saluki</b> Chair Yoga Poses 1:00 Shelley			
3:30			3:30 <b>Lake Miona</b> Happy Hatha 1:15 Tricia Sutton Beginner-Intermed				
4:00	4:00 <b>Mulberry</b> Yoga w/ 1:00 KathyM / Bonnie Guided Meditation			4:00 <b>Everglades</b> Hatha 101 1:15 Kathy S			<b>Anyone</b> can do these classes
4:30			4:30 <b>Eisenhower</b> Hatha/Vinyasa 1:30 Gail Roeske				The intensity of your practice is determined by your body's strength and flexibility and not related to the skill level required to practice the class
5:00	5:00 <b>Manatee</b> Yin 1:15 Reeta, Cathy & April alternate	5:00 <b>San Tropez</b> Yin Yoga 1:15 April	5:00 <b>Burnsed</b> Yin Yoga 1:15 Reeta, Cathy & April alternate				<b>Beginners</b> and those who need more instruction. Many different poses are taught so the classes can be challenging.
5:30		6:00 <b>Ezell</b> Hatha 1:15 Jamie Noll All Levels					<b>Advanced Beginners</b> know many of the poses. Classes may be gentle, but expect more effort and physical challenge than a beginner class.
6:00		6:00 <b>Lake Okahumpka</b> Yoga 1:15 Millie Brezinski Intermediate		6:00 <b>Rohan</b> Intermediate 1:30 Kathy S			In yoga, you decide what you can do, and do what you can
6:30	Tai Chi classes are not listed as there are 18 Tai Chi Clubs						Sensation is good, but pain is never acceptable.
7:00	There are also 5 Qigong classes						Intermediate or Advanced yogis are experienced and need a physical challenge. You will sometimes sweat and know how to modify the poses to meet <i>your</i> body's needs.
	Pre-Covid Instructors teaching outside TV	Jane Shen - MVP at Brownwood Debbie Verdon - Facebook Live		Retiring but still subbing	ZOOM Meeting ID Passcode	Classes suspended for the season are faded	
				Gail Lambillotte Ivette Garza	Sabine Litten 323 946 038 112020 Jan Smith 765 752 0164 yogajan	Cancelled classes have been deleted	
					RecNews link: <a href="https://online.flippingbook.com/view/10419946/1/">https://online.flippingbook.com/view/10419946/1/</a>		
					Club Listing PDF download link: <a href="https://www.districtgov.org/departments/Recreation/clubsDownload.aspx">https://www.districtgov.org/departments/Recreation/clubsDownload.aspx</a>		
					YouTube Yoga taught by teachers in The Villages: <a href="https://www.youtube.com/thevillagesyoga">https://www.youtube.com/thevillagesyoga</a>		