

THE VILLAGES YOGA CLASSES

WINTER 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30				7:30 LK Okahumpka Della Yoga & Props 1:15			
8:00		8:00 Laurel Manor Janice Reynolds Yoga Adv-Beginner 1:00	8:00 Seabreeze Janice Reynolds Yoga Adv-Beginner 1:15	8:00 Mulberry Kimberly Zak Chair Yoga (Basic) 1:00	8:00 Seabreeze Janice Reynolds Yoga Adv-Beginner 1:15		
8:30		8:15 ZOOM Sabine Litten see Passcode below 1:20		8:30 Big Cypress Dobbie Warrior Yoga 1:00		9:00 Late Mona Ganna Vinyasa Intermediate 1:00	9:00 Seabreeze Tom Erling Yoga on a Ball 1:15
9:00		8:30 Lake Mona Bonnie Sefton Hatha / Vinyasa 1:15		8:30 Big Cypress Dobbie Yoga for Dragon Boat Crews 1:15		9:00 Burned Kathy Martucci Hatha 1:15	9:00 Elenhower Jayne Lawin Hatha 1 1:00
9:30		9:00 Trillium Sheri Rowe Yoga 4 All 1:00		8:30 Olympha Della Soul Core Yoga 1:15		9:30 Captive Janice Reynolds Beginner 1:15	
10:00		9:30 Big Cypress Elin DeSalvo Yoga 1:00		10:00 Beall Kathy Healthy Backs Beginner - Intermediate 1:15		10:30 Chatham Deb Conrad Hatha 1:15	
10:30					10:30 Rohan Kathy Martucci Gentle Yoga 1:15		
11:00					11:00 Odell Carla Schenck Adaptive Chair Yoga 1:15		
11:30					12:00 ZOOM Jan Smith Gentle Yoga 1:00		
11:30	11:30 Avary Richard Hatha Level 1 1:00	11:30 Chatham Fran Raja Yoga 1:15	11:00 Elenhower Clint Ashtanga Vinyasa Variations 1:20		12:00 Ezell Janice Klingelhoefer Chair/Stand/Pool Yoga 1:00		
12:00		12:00 Bradenton Jan Smith Gentle Yoga 1:15			12:30 Water Lily Marcie Foster Chair Yoga 1:00		
12:30		12:00 Ezell Janice Klingelhoefer Yoga-4-U Chair Routines 1:00					
1:00							
1:30		1:30 Sterling Heights Sherry, Kathy, Jeanne, Sherry, & Linda Hatha Intermediate 1:30					
2:00							
2:30							
3:00							
3:30							
4:00	4:00 Mulberry Bennie Yn Yoga 1:10						
4:30							
5:00	5:00 Manatee Renee, Cathy & April alternate Yn 1:15	5:00 San Tropez NEW! April Yn Yoga 1:15					
5:30							
6:00		6:00 Lake Okahumpka Susan Bodus Yoga Intermediate 1:15					
6:30							
7:00							
Pre-Covid Instructors teaching outside TV Jane Shen - MVP at Brownwood Dobbie Verdon - Facebook Live Classes suspended for the season are faded Cancelled classes have been deleted YouTube Yoga taught by teachers in The Villages: https://www.youtube.com/thevillagesyoga RecNews link: https://online.flipbook.com/view/10119940/1/ Club Listing PDF download link: https://www.flipbook.com/departments/recreation/clubdownload/index							