

Yoga @ 310 Wellness

Book online www.heathermcdermidyoga.com

FALL 2025

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<u>7:00 - 8:00 pm</u> Luminous Stretch & Restore (Ness)	<u>9:00 - 12:00 pm</u> Yoga Teacher Training (Heather) <u>7:30 - 9:00 pm</u> Relax & Renew (Heather)	<u>9:30 - 10:45 AM</u> Meditation & Movement (Heather) <u>5:00 - 6:00 PM</u> Empowered Core (Ness or Heather)	<u>7:00 - 8:15 PM</u> Class Varies Either Flow (Britt), Osho Active Meditation (Angela) or Rooted Soul Sessions (Ness)	<u>9:30 - 10:45 AM</u> Rise & Shine (Heather) <u>11:00 - 12:00 PM</u> Baby Yoga (Heather) <u>7:30 - 9:00 PM</u> Restorative Yin (Heather)	<u>7:00 - 9:00 PM</u> Pop-up event once a month (check online for dates)	<u>9:00 - 10:00 AM</u> Power (Britt) <u>10:15 - 11:15 AM</u> Roll & Release (Heather)

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Pricing Plans can be used for any class (September- December)
Join us on the free mobile app “Fit by Wix” to easily book classes
(use invite code IMYUDP)

Android



Apple

