

# Classes with Stephanie White Jones

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- M: Yoga 5:30-6:30 PM @ Vermont Sport & Fitness\*
- W: Yoga 12-1 PM @ Castleton University (resumes in the fall)\*  
Integrative Yoga 5:00-6:15 PM @ Rutland Rec (resumes 9/6)+  
Integrative Yoga 6:30-7:45 PM @ Rutland Rec (resumes 9/6)+
- Th: Yoga 10:15-11:15 AM @ Vermont Sport & Fitness\*
- Sa: Integrative Yoga 9:30-11 AM @ Cobra\* (resumes 9/2)
- Su: Yoga Dance 9:30-10:45 AM @ Cobra (resumes in the fall)\*

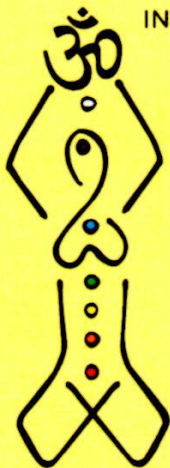
**Private and Semi-Private Classes Available**

**Stay Tuned for Upcoming Workshops!**

\*Denotes drop-in classes. +Registration is necessary for these classes.  
Schedule is subject to change. Contact Stephanie for most current offerings.



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# YOGA

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