

THE CLUB AT EAGLEBROOKE AND SATYA LIFE YOGA



Eaglebrooke members,

We have recently partnered with Satya Life to provide more yoga classes throughout the week!

Conveniently located less than 10 minutes away from the club, Satya Life offers 4 free classes per month to registered Eaglebrooke golf and social members starting on June 1st, 2024.

Once you are registered with us, you will receive an email to reset your account password and sign a waiver with Satya Life. After this is completed, you will be able to sign in to your account on satyalife.com and register for eligible yoga classes that best fit your availability! Eligible class types and times are provided below:

Mondays 1:30pm–2:30pm, Yoga Basics with Rodney
Mondays 4:00pm–5:00pm*, New to Yoga with Mary
Mondays 5:30pm–7:00pm*, Core Yoga with Frankie
Mondays 7:15pm–8:15pm*, Yoga Basics with Frankie
Tuesdays 12:00pm–1:15pm*, Vinyasa Flow with Frankie
Tuesdays 6:15pm–7:15pm, Yoga Basics with Sandy
Tuesdays 7:30pm–8:30pm, Yoga Basics with Gwen
Wednesdays 3:30pm–4:30pm, Yoga Basics with Rodney
Wednesdays 5:30pm–7:00pm*, Core Yoga with Frankie
Thursdays 9:15am–10:30am, Yoga Basics with Sandy
Thursdays 6:15pm–7:45pm*, Intermediate Yoga with Frankie
Fridays 6:00pm–7:00pm*, Yoga for Relaxation with Frankie
Saturdays 7:30am–8:30am, Yoga Basics with Monica
Saturdays 9:00am–11:00am*, Intermediate Yoga with Frankie
Sundays 10:00am–11:15am, Yoga Basics with Christy
Every Day! Today's Yoga Video! Streaming 24 hours!

Classes located at:

Satya Life
4684 Cleveland Heights Blvd.
Lakeland, FL 33813

⬅️ Classes marked with an (*)
asterisk are also available live
on Zoom

If you are interested in taking a
class, please fill out the
registration form attached and
return to the office at the club.



IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT FITNESS@EAGLEBROOKE.COM