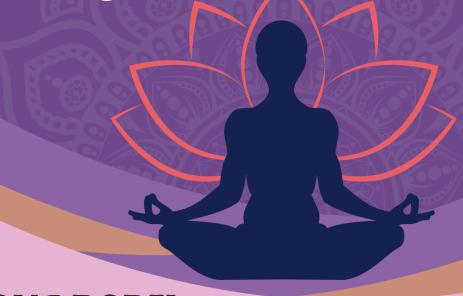


# Eaglebrooke & Satya Life Yoga



# **STRONG BODY QUIET MIND**

## Who Can Join?

All Social & Golf Members will receive 4 free classes per month once registered!

### Location?

Satya Life Yoga 4684 Cleveland Heights Blvd. Lakeland, FL 33813

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

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

### **Available Classes:**

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!



(--) If you have any questions, please contact fitness@eaglebrooke.com