



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