



New Classes!

Katie is back!

Katie will be teaching again starting May 17th!

Check out her schedule!

- Monday- Yin Yoga at 6pm
- Tuesday- Stability at 9:15am
- Thursday- Evening Flow at 6pm
- Saturday- Flow at 9:15am Flow (starting June 19th)



Sign Up

All studio classes are offered via Zoom for \$15/class.

On Demand classes available through the RTC library subscription at \$19/month.

The Rooted Hook

Check out what is going on with our Wellness Partner this week!

- Beautiful Garden Basket Mother's Day Instagram giveaway with [@rooted.vb](https://www.instagram.com/rooted.vb)
 - **The giveaway will run until Friday at 3 pm.** The winner will be announced via [instagram](https://www.instagram.com) stories that night! Must be local and available to pick up the basket on Saturday, May 8th at the "Shop Like A Mother" Vendor Pop-Up at [@theshackvb](https://www.instagram.com/theshackvb)! Booth will be located inside the Festival on 8th!
- Check out The Rooted Hook at The Shack Vendor Market this Saturday for the "Shop Like A Mother Pop-Up" event. The event starts at 10 AM and

runs until 4 PM.

- Shop [The Mercado](#) for all your Mother's Day needs!



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