



New Teacher Alert!

Meet Sharon Ross

Starting April 14th join Sharon for class!

Wednesday's at 9:15 am - Vinyasa- beginner friendly

Sharon is a retired physical therapist working over 20 years in women's health and wellness. She is looking forward to teaching yoga to the community at RTC!

Her classes will be accessible for beginners and practice building for those with more experience. She has a lot of experience and education to help support students at any level of practice.

Learn More!

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

New content **available On Demand** through the RTC library

subscription at \$19/month.



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