

Now Offering

Dollar Point Yoga

Saturdays at the Pool, 8:30 - 9:30 a.m.



Relax, Relieve and Replenish Your Body, Energy and Mind at Dollar Point's weekend yoga classes — Saturday mornings by the pool, from 8:30 to 9:30 a.m.

This active class is suitable for beginners and experts alike. Students can expect attention to detail and the breaking down of poses to help them understand key alignment principles and deepen their relationship with the physical and subtle energy bodies. The class is capped off with guided relaxation techniques during savasana final resting pose.



Classes are free to Dollar Point Members and \$10 via cash or Venmo for guests. All guests must be accompanied by a member.

Bring your own mat & towel. Rental mats are limited.