

Floating Yoga

This full body workout is performed on stand-up paddleboards in deep water. Floating Yoga intensifies the benefits one would receive in a traditional yoga class by further incorporating the muscles, specifically the core, to help stabilize in the water. We offer two class intensities, though yogis of all experience levels are welcome in each class type!

BEGINNER (BEG) FLOW

45 MINUTE CLASS SESSION

Our beginner friendly flow will focus on breathwork, meditation, Vinyasa - Sun Salutations A, and hip openers.

2-4 points of contact at all times.

INTERMEDIATE (INT) FLOW

60 MINUTE CLASS SESSION

Our intermediate flow, while still focusing on breathwork and flowing through Vinyasa, will introduce more balance work and quicker transitions.

This class is intended for those who are a little further along in their yogi journey or newbies who just want to challenge themselves a bit more.



Floating Yoga

MAR
2026



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 8:00 - 8:45AM (BEG)	4 7:00 - 8:00AM (INT)	5	6	7
8 1:30 - 2:15PM (BEG) Training Pool	9	10 8:00 - 8:45AM (BEG)	11 7:00 - 8:00AM (INT)	12	13	14
15 1:30 - 2:15PM (BEG)	16	17 8:00 - 8:45AM (BEG)	18 7:00 - 8:00AM (INT)	19	20	21
22 1:30 - 2:15PM (BEG) Training Pool	23	24 8:00 - 8:45AM (BEG)	25 7:00 - 8:00AM (INT)	26	27	28
29	30	31				

**All classes will be held in the Dive Well unless otherwise stated.