

About Surge Mind • Body • Spirit

If you are looking for a well rounded studio that allows you to be comfortable while starting or expanding your wellness journey, then this is the studio for you.

We strive to spread the gift of wellness through our many classes and workshops. With a comfortable setting, complimentary tea, coffee and free wi-fi to go around, we have created a space where you can make new friends, work on your own personal fitness and wellness goals, relax and decompress before or after your classes, or even schedule a restorative massage.

We want Surge to be your space, your place, and the studio where you grow in mind, body and spirit.

Offerings

- Beginner's Yoga
- Awakening Yoga
- Reiki Yoga
- EFT Yoga
- Mindfulness Yoga
- Heartrise Yoga
- Restorative Yoga
- Zen Yoga
- BTN Meditation
- Akashik Sound Meditation
- Aroma Therapy
- Zumba
- Barre
- Barre Basics
- Express Barre

We also offer in house massage therapy by appointment.

[Register](#) [This Month](#) [Pricing](#)

October Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30AM Awakening 10PM Reiki 11PM EFT 12PM Aroma Therapy 1PM Meditation	2 9:30AM Awakening 10PM Reiki 11PM EFT 12PM Aroma Therapy 1PM Meditation	3 9:30AM Awakening 10PM Reiki 11PM EFT 12PM Aroma Therapy 1PM Meditation	4 9:30AM Awakening 10PM Reiki 11PM EFT 12PM Aroma Therapy 1PM Meditation	5 9:30AM Awakening 10PM Reiki 11PM EFT 12PM Aroma Therapy 1PM Meditation	6 9:30AM Awakening 10PM Reiki 11PM EFT 12PM Aroma Therapy 1PM Meditation	7 9:30AM Awakening 10PM Reiki 11PM EFT 12PM Aroma Therapy 1PM Meditation



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