

Free/Low-Cost Yoga around Milwaukee

Milwaukee Rec

Some common locations: Riverside HS, Gaenslen, lots at Beulah Brinton in Bay View

MKE Rec Summer Community Wellness - Fitness in the Park (free)

- Tuesdays, June 17 - Aug. 19: Tiefenthaler Park (10-11 a.m.)
- Tuesdays, June 17 - Aug. 23: Hawthorn Glen (5:15-6 p.m.)
- Thursdays, June 26 - Aug. 7: Burnham Playfield (7:30-8:15 p.m.)
- Thursdays, July 17 - Aug. 21: Riverside Park (5-6 p.m.)
- Saturdays, June 21 - Aug. 23: Cupertino Park (11 a.m. - 12 p.m.)
- Saturdays, June 28, July 12, July 26, Aug. 9, Aug. 23: Hawthorn Glen (10-11 a.m., except 11 a.m. - 12 p.m. on Aug. 9)

Resilient Joy at Sigue Sanando Studio (on MLK and Vine)

Monthly free yoga and meditation class, and regular classes only \$12

Riverwest Yoga Shala (Locust and Fratney)

Most or all classes are pay what you can

Empower Yoga (Third Ward)

Classes just \$12/class

Parisa Yoga Shala (various locations, often East Side)

Has a community fund to reduce the cost of class for those who need it, and often offers discounted classes to underrepresented groups

Alice's Garden (approx. North ave and Fon Du Lac)

Tuesdays at 6 pm - Free yoga in the garden

Beyond Yoga (South Milwaukee - The Commons)

Saturdays at 8 am - donation based

Other free yoga in the parks this summer

- Sundays 9-10 am in Cathedral Square
- Sundays 10-11am Morgan Park (Bay View)
- Sundays 10-11 am Johnsons Park (20th and Fon du Lac)

Listed updated as of 8/3/25.

Original list was created with a specific geographical focus for a specific group, but I can add places further from the center of Milwaukee if it's helpful to folks!

Please email cultivateyogamke@gmail.com if you have a suggestion to add to the list.