

APRIL 2019

MANY CLASSES UTILIZE OUR UNIQUE YOGA WALL

Mondays

9:15 - 10:15 am

Yin Yoga

Stacey

6:00 - 7:00 pm

Vinyasa Flow

New
Class

Tee

Tuesdays

9:30 - 10:30 am

Vinyasa Flow

Ryan

6:00 - 7:00 pm

Gentle Yoga

Suzy

Wednesdays

9:15 - 10:15 am

Vinyasa Flow

Megan

6:00 - 7:00 pm

Vinyasa Flow

Tee

Thursdays

9:30 - 10:30 am

Vinyasa Flow

Megan

6:00 - 7:00 pm

Gentle Yoga

Suzy

Fridays

9:15 - 10:15 am

Vinyasa Flow

Stacey

Saturdays

9:00 - 10:00 am

Gentle Yoga

Ryan

10:15 - 11:15 am

Vinyasa Flow

Trey

Sundays

10:15 - 11:15 am

Vinyasa Flow

Trey

4:00 - 5:00 pm

Meditative Restorative

Krista

Reservations strongly suggested! Classes can fill – max capacity is 14.
Or be cancelled – two student minimum (or class is canceled one hour before start)

WORKSHOP

Great Yoga Wall with Suzy Macron
Sunday, **April 28th**, 2:00-3:30pm, \$35

Yoga Class Pricing

Drop-In: **\$15**

10-Class Pack: **\$125** (\$12.50 each)

20-Class Pack: **\$225** (\$11.25 each)

1-Month Unlimited: **\$90** (or **\$79** in our Club)

First-Month Unlimited: **\$45** (new students)

INTERESTED IN OUR GREAT YOGA WALL?

Gentle Yoga classes use our Great Yoga Wall the most

When Gentle Yoga classes run at seven or fewer students, we typically incorporate our Yoga Wall. This is an amazing way to delve more deeply into therapeutic poses with less pain.

Benefits include: reduced weight on joints such as wrists; greater body awareness; longer times in a posture improves balance and builds core; mobilization of particularly restricted areas such as tight shoulders, hips or hamstrings; inversions for restoration and rejuvenation.