

OCTOBER 2021

WELCOME BACK! PRACTICE SAFELY IN-STUDIO

Sundays

9:15 - 10:15 am

Balanced Burn

Doreen / Kurt

New Instr

Mondays

9:15 - 10:15 am

Vinyasa Flow

Megan

Tuesdays

9:15 - 10:15 am

Vinyasa Flow

MaryAnn

Wednesdays

9:15 - 10:15 am

Yoga Sculpt

Megan

Thursdays

9:15 - 10:15 am

Vinyasa Flow

MaryAnn

Fridays

9:15 - 10:15 am

Yoga Sculpt

Megan

Saturdays

9:15 - 10:15 am

Balanced Burn

Doreen / Emily

New Instr

Weekends are now all about the BURN!

New Class

Balanced Burn This fitness-oriented class is three segments. Start with high-intensity cardio intervals with short periods of rest, next move into a flow with strengthening poses, end with a few long-held poses for flexibility and cool down. Reach goals you've never experienced in yoga before. Modifications are offered for all exercises and poses so class is friendly to all levels of fitness.

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

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)

New Student Package: **\$99** (60-min private + first month)

COVID-19 Safety Matters

NJ mandate states that if you are not fully vaccinated, you must continue to wear a mask indoors. Proof of vaccination will NOT be required. While this will be on the honor system, we must require all who enter our space fully follow the state guidelines in accordance with their vaccination status.

We have always kept our studio exceptionally clean and we will be using cleaning products approved and recommended by the CDC. Our studio has a medical grade air purifier running at all times circulating clean fresh air. Hand sanitizer and disinfectant wipes are provided throughout the studio.