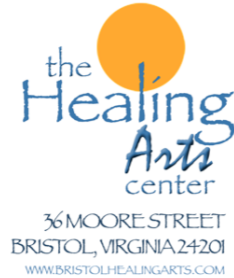


Class Schedule

Current Class Schedule — begins August 1st

We will be CLOSED on Monday May 31st for Memorial Day



Monday

8:30–9:30 AM **Yoga** w/Landy
5:30–6:30 PM **Beginning Yoga**
w/Kathy

Tuesday

9:00–10:30 AM **Yoga 2**
w/Dolores

Wednesday

8:30 AM class will resume in
September w/Landy

5:00–6:00 PM **Pilates / Yoga**
w/Landy
(Yoga Appropriate for All
Levels; Free Walk/Run after
class)

Thursday

9:00–10:30 AM **Yoga 2** w/Dolores
12:00–12:50 PM **Lunchtime Yoga**
2 w/Dolores

Friday

8:30–9:30 AM **Yoga** w/Landy

Saturday 9 AM Flow Yoga

w/rotating staff
CLASS on 14th and 29th ONLY
in August

Closed Sunday

Individual Nutritional Consultation available Monday—Saturday

Class Prices

(1st Visit Still Free)

Any combination of Yoga or Pilates 1 hour classes

1 class per week \$37 per month

2 classes per week \$55 per month

unlimited classes per week \$65 per month

drop-in rate \$12 per class

Please plan to arrive 5 – 10 minutes early so classes will start on time.

Private sessions in Yoga, Yoga & Nutrition, Personal Training, Power Walking and all levels of Running are available on an as needed basis. Ask your instructor.

**Monthly pro-rates available for new members only.
Missed classes may be made up at any class of your choice during the same month.**