



February Schedule 2019

Monday

9:30 to 10:45 am – Yin/Vinyasa Yoga with Randee

6 to 7:15 pm – Aroma Flow Yoga with Melissa

7:30 to 8:45 pm – Gentle Yoga with Maria

Tuesday

9:30 to 10:30 am - Yin Yoga with Danielle

6 to 7:15 pm – Begin with Basics with Lynn

7:30 to 9 pm – Gentle Yoga with Lynn

Wednesday

9:30 to 10:30 am – All Levels Yoga with Maria

6 to 7:15 pm – All Levels Yoga with Lynn

Thursday

9:30 to 10:30 am – All Levels with Danielle

6 to 7:15 pm – Vinyasa Flow Yoga with Erin

7:30 to 8:45 – Restorative Yoga with Toula

Friday

9:30 to 10:30 am – All Levels Yoga with Lynn

6 to 7 pm – Happy Hour Yoga with Danielle

Saturday

10:15 to 11:30 am – All Levels Yoga with Lynn

**2/2 and 2/16 only, 8-9 am Yoga Sculpt with Robyn*

**2/9 only, \$5 yoga 4 to 5 pm*

Sunday

9:30 to 10:45 am – All Levels Yoga with Melissa

6 to 7:15 pm – Candlelit Gentle Yoga with Anita

February Special Events

*Yoga Sculpt Class, 2/2 & 2/16, 8 am

*Yoga Nidra, 2/6, 7:30pm

*2nd Saturday Special, Feb 9th,
4-5pm, \$5 Class

*Double Happy Hour, Fri., 2/15

*Nia Class 2/21, 4:30 pm

*Jivamukti with Beth 2/24, 11:30

Class Pricing

Drop In Class \$14 (12)

5 Class Card **\$65** (55)

10 Class Card **\$120** (100)

30 Day class card **\$120** (100)

One hour classes only \$10

*(Senior 62+ and student rates,
available with valid ID)*

*5 and 10 class cards are valid for 6
months*

New Student Special

30 days unlimited classes \$40

Yoga on Demand

Private lessons for you or your
group, pick your time...

Private Hour \$ 60

Semi Private (3-4) \$70