



July Schedule 2018

Monday

9:30 to 11 am – Begin with Basics with Tracy
6 to 7:15 pm – Aroma Flow Yoga with Melissa
7:30 to 8:45 pm – Gentle Yoga with Michelle

Tuesday

9 to 10 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 – Good to the Core Yoga with Robyn
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
(double your happiness is 7/13 this month)

Saturday

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

Sunday

9:30 to 10:45 am – Yoga on the River with Melissa
(Class at end of Main St. by river, weather permitting, check FB)
Noon to 1:15 pm – Vinyasa Flow with Erica
6 to 7:15 pm – Gentle Yoga with Anita



Independence Day Changes
No evening classes 7/3
Studio is closed 7/4

Class Pricing

Drop In Class	\$14	(12)
5 Class Card	\$65	(55)
10 Class Card	\$120	(100)
30 Day class card	\$120	(100)
Drop in- one hour class	\$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