



March 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

Saturday

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

Sunday

9:30 to 10:45 am – All Levels Yoga with Melissa
Noon to 1:15 pm – Vinyasa Flow with Erica
6 to 7:15 pm – Candlelit Gentle Yoga with Anita

March events:

Nia 3/1 at 4:30pm
Latin Dance Party 3/7 at 7:30pm
Crystal Bowls 3/14 at 7:30pm
Happy, happy 3/9 , 6-7, 7-8

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