



April 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 – All Levels Yoga* with Lynn **change*
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 Maria **change*

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
**4/13 & 4/27 only, 8-9 am Yoga Sculpt with Robyn*
**4/13 only, \$5 yoga 4 to 5 pm*

Sunday

9:30 to 10:45 am – All Levels Yoga with Melissa
6 to 7:15 pm – Gentle Yoga with Anita



Special Events

**Yoga Nidra, F, 4/5, 7:30pm*
**Yoga Sculpt Sat, 4/13 & 4/27, 8 am*
**Double Happy Hour, Fri., 4/12*
**2nd Saturday Special, April 13th,*
4-5 pm, \$5 Class
**Family Yoga for ages 3 to 7,*
Th, April 25th, 12:15pm

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