



March 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
*3/2, 3/16, 3/30 only, 8-9 am Yoga Sculpt with Robyn
*3/9 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

Special Events

- *Yoga Sculpt 3/2, 3/16, 3/30 8 am
- *Yoga Nidra, 3/6, 7:30pm
- *2nd Saturday Special, March 9th,
4-5 pm, \$5 Class
- *Double Happy Hour, Fri., 3/15
- *Jivamukti with Beth 3/24, 11:30
- *Basic and Beyond Workshop 5
weeks, Wed. 3/27 - 4/24, 7:30 pm
- *Nia Class Wed. 3/28, 4:30 pm

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