



June Schedule 2019

Monday

9:30 to 10:45 am – Basic Yoga with Sara (New)
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
7:30 to 9 pm – Gentle Yoga with Lynn

Wednesday

9:30 to 10:30 am – All Levels Yoga with Maria
11 to 12 pm – Gentle Yoga with Maria (New)
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

Friday

9:30 to 10:30 am – All Levels Yoga with Lynn
6 to 7 pm – Happy Hour Yoga with Danielle

Saturday

8 to 9 am Yoga Sculpt, Robyn or Vinyasa, Anita (New)
10:15 to 11:30 am – All Levels Yoga with Lynn
**6/8 only 4 to 5 pm, \$5 Yoga with Maria*

Sunday

9:30 to 10:45 am – All Levels Yoga with Melissa
6 to 7:15 pm – River Yoga with Sara (New) by yacht club at the end of Main St, weather permitting, check FB

June Special Events

- * Beginner and Beyond Series begins 6/5, 7:30
- * Nia Dance Movement, Th, 6/6, 4:30
- * Holistic Approach to Spinal Health, 6/8 at 1pm
- * 2nd Saturday Special, 6/8, 4-5 pm, \$5 Class
- * Double Happy Hour 6/14
- * Yoga Mala for the Summer Solstice, 6/21, 5:30 am

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