



# September Schedule 2019

## Monday

9:30 to 10:45 am – Begin with Basics  
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  
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 Vinyasa Flow with Anita 9/7, 9/21 and 9/28  
and Yoga Sculpt with Robyn on 9/14  
10:15 to 11:30 am – All Levels Yoga with Lynn  
*\*4 to 5 pm on 9/14 only, \$5 Yoga with Anita*

## Sunday

9:30 to 10:45 am – All Levels Yoga with Melissa

## September Special Events

Labor Day, M, 9/2, 9:30 am Slow Flow, no evening classes  
Nia Movement and Meditation Class, Th, 9/12 at 4:30  
*\*Double Happy Hour is on 9/13*  
*\*2nd Saturday Special is 9/14, \$5 yoga 4 to 5 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