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MONDAY			
7:00-8:15 am	Sunrise Flow	All Levels	Dylan
9:00-10:30 am	Wake Up & Flow	Mixed Levels	Kim
10:00-11:30 am	Vinyasa Flow	Level 1/2	Sherry
12:00-1:00 pm	Lunchtime Flow	All Levels	Eliza
4:00-5:15 pm	Vinyasa Flow	Mixed Levels	Nicki
5:30-6:30 pm	Candlelight Soul Flow	All Levels	Robin
6:00-7:15 pm ★	Yoga Basics	Level 1	Noé
6:35-7:45 pm	Yang / Yin	All Levels	Angela A.
TUESDAY			
7:30-8:30 am	"Yoga & Beyond"	Mixed Levels	Angie W.
9:00-10:15 am	Yoga Basics (SmartFLOW)	Level 1	Rachael / Melissa (Sub)
10:00-11:30 am	Vinyasa Flow	Mixed Levels	Eliza
10:30-12:00 pm	Ashtanga Vinyasa	Level 2	Shawn H.
5:25-6:40 pm	Vinyasa Flow	Mixed Levels	Eliza
5:30-6:45 pm	Restorative Relax Deeply	All Levels	Rachael / Melissa (Sub)
7:00-8:00 pm	Yoga Basics	Level 1	Angela A.
WEDNESDAY			
9:00-10:30 am	Wake Up & Flow	Mixed Levels	Kim
10:00-11:30 am	Vinyasa Flow	Level 1/2	Sherry
4:00-5:15 pm	Power Flow	Level 2	Rachael / Dylan (Sub)
5:30-6:30 pm	Yoga Basics for Stress Relief	Level 1	Robin
6:00-7:10 pm ★	Vinyasa Flow	Mixed Levels	Tisha
THURSDAY			
7:30-8:30 am	"Yoga & Beyond"	Mixed Levels	Angie W.
9:00-10:15 am	Wake Up & Flow	All Levels	Nichol
10:30-12:00 pm	Ashtanga Vinyasa	Level 2	Shawn H.
4:00-5:00 pm ★	Vinyasa Flow	Level 1/2	Nichol
5:25-6:40 pm	Vinyasa Flow	All Levels	Kim
6:00-7:00 pm	Yin Yoga	All Levels	Lauren
6:45-7:30 pm	"Log Off" Meditation / Stress Relief	All Levels	Kim
FRIDAY			
9:00-10:15 am	Gentle Flow (SmartFLOW)	All Levels	Rachael / Nichol (Sub)
10:00-11:30 am	Vinyasa Flow	Level 1/2	Kim
4:00-5:00 pm ★	Ashtanga Improv	Mixed Levels	Jen
6:00-7:15 pm	Flow & Yin with Live Gong	All Levels	Kim
*****	Live Music w/ Tim Catching	March 9th	
*****	Live Music w/ Martin St. Pierre	March 16th	
*****	Live Music w/ Daniel Land	March 30th	
SATURDAY			
8:30-10:00 am	Vinyasa Flow (SmartFLOW)	Mixed Levels	Rachael / Heidi (Sub)
9:00-9:50 am	"Log Off" Guided Meditation	All Levels	Kim
10:00-11:25 am	Vinyasa Flow	All Levels	Eliza
10:15-11:25 am	Yoga Basics	Level 1	Amanda
11:30-1:00 pm	Power Flow	Mixed Levels	Shawn H.
1:00-2:15 pm	Vinyasa Flow	All Levels	Angela A.
SUNDAY			
9:00-9:50 am	"Log Off" Mindfulness Meditation	All Levels	Kim
10:00-11:30 am	Sunday Soul Yoga	Level 1/2	Kim
11:00-12:15 pm	Zen Zone Yoga	All Levels	Lucrezia
11:35-12:50 pm ★	Root To Rise Yoga	Basics / Level 1	Russell
3:00-4:00 pm	Restorative Relax Deeply	All Levels	Angela A.
4:00-5:15 pm	Vinyasa Flow	All Levels	Nicki

★ \$12 Drop-In Classes


CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE

Wellness Package


Mind | Body | Spirit



4 Yoga Classes




1 Hour Massage




1 Meditation Class

\$129



Qi To Life Experience

Saturday, March 3rd
1:30-4pm
Led by Damon Damato




REIKI LEVEL 1

Saturday, March 17th
& Sunday, March 18th
1:30 - 5:30 pm



Training led by Kim Meoli

Live Music Yoga!



Martin St. Pierre
March 9th
6:00 p.m.



Tim Catching
March 16th
6:00 p.m.



Daniel Land
March 30th
6:00 p.m.

Specials!

\$5 Off - 5 Class Pckg
\$10 Off - 10 Class Pckg
\$15 Off - 15 Class Pckg
\$20 Off - 20 Class Pckg

Rachael Sand leads TRE Workshop



Saturday, March 24th
1:30 - 3:30 pm



Shana Meyerson teaches two amazing workshops on one great weekend!




Fun, Funky Hardcore Yoga with Shana Meyerson

Fri. April 6th
5:30-8:00pm
Sun. April 8th
1:30-4:00pm

Susan Goecke & Lucrezia Nelson lead K.I.S.S workshop

Sunday, April 29th
1:30-3:30p



PRICING OPTIONS

Single Yoga Classes	
Adult	\$ 18
Child (8-12)	\$ 12
Local Yoga/Fitness Teacher	\$ 14
Live Music Class	\$ 20

Yoga Class Packages	
5 Class Package (60-day exp)	\$85
10 Class Package (60-day exp)	\$160
15 Class Package (90-day exp)	\$225
20 Class Package (90-day exp)	\$280

Meditation Classes	
Single Class	\$ 14
5 Class Package	\$ 60
10 Class Package	\$ 100
60-day exp on Meditation packages	

Unlimited Yoga Packages		
	Monthly Auto-Pay	Paid In Full
1 Month Unlimited	N/A	\$125
3 Month Unlimited	\$99 / month	\$299
6 Month Unlimited	\$89 / month	\$499
1 Year Unlimited	\$79 / month	\$899

- ### Auto-Pay Terms & Conditions
- \$39 Enrollment fee applied to first payment
 - All Contracts will Auto-Renew
 - Must cancel 5 days prior to contact expiration to prevent auto-renewal
 - No Refunds/Exchanges
 - Refer to contract for additional terms/conditions