



Strength, comfort & yoga for all.

Class Schedule July 2019

S	M	T	\$5 Wednesday	T	F	S
9–10:30am Hot Hatha	9–10:15am Flow	9–10:15am Flow	9–10:15am Flow	6:30–7:30am Flow	9–10:15am Flow	8:30–9:45am Flow
11–12:15pm Hot Flow	12–1:00pm Express Flow	12–1pm Basics	12–1pm Express Flow	9–10:15am Flow	12–1pm Express Flow	10:30–11:45am Mobility Yoga
July 14th* 2-4pm & 5-7pm History & Philosophy of Yoga with Greg Nardi July 28th* 4-6pm Yin & Nidra with Scott Temples	6–7:15pm Power Flow 7:30–8:30pm Basics	5:30–6:45pm Flow 7–8:15pm Slow & Flow	5:30–7:00pm Hot Hatha 7:30–8:45pm Warm Slow & Flow \$5 Drop-ins all day!	12–1pm Basics 5:30–6:45pm Rocket Flow 7–8:15pm Slow & Flow	6–7:15pm Flow 7:30–8:45pm Flow & Relax	July 13th* 2-4pm & 5-7pm History & Philosophy of Yoga with Greg Nardi July 21st* 4:30-5:30pm Guided Meditation with Katherine Rob

New Yogi Special
\$25 for 3 Classes

\$15 Drop-in
\$70 1 Month Unlimited
\$60 Monthly Recurring

\$120 10 Classes
\$195 3 Months Unlimited
\$600 1 Year Unlimited