



Strength, comfort & yoga for all.

## In-Studio & Virtual Class Schedule January 2021

S	M	T	W	T	\$5 FRIDAYS	S
<b>10–11am</b> Power/Yin IN-STUDIO & VIRTUAL	<b>9–10am</b> Slow & Flow IN-STUDIO & VIRTUAL  <b>12–1pm</b> Mobility Flow IN-STUDIO & VIRTUAL <i>*mask required in class</i>  <b>6–7pm</b> Power Flow IN-STUDIO & VIRTUAL	<b>10–11:15am</b> Flow IN-STUDIO & VIRTUAL  <b>5:30–6:30pm</b> Flow IN-STUDIO & VIRTUAL  <b>7–8pm</b> Slow & Flow IN-STUDIO & VIRTUAL	<b>9:15–10:30am</b> Flow IN-STUDIO & VIRTUAL  <b>12–1pm</b> Express Flow IN-STUDIO & VIRTUAL  <b>5:30–6:30pm</b> Hot Hatha IN-STUDIO & VIRTUAL  <b>7–8pm</b> Warm Slow & Flow IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL  <b>6–7pm</b> Slow & Flow IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL  <b>6–7pm</b> Flow & Relax IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL  <b>10:30–11:30am</b> Mobility Yoga IN-STUDIO & VIRTUAL <i>*mask required in class</i>  <b>JANUARY 9, 16, 23, 30</b> <b>1:00–2:30pm</b> <b>The Fundamentals of Yoga Series</b> with Amanda Riker IN-STUDIO

**New Yogi Special**  
**\$25 for 3 Classes**

Online registration only.

Masks are required for entering and moving about the studio.

For everyone's safety, class sizes are limited to 10 people.

Please bring your own mat.

We have mats & props for sale at a discounted price if needed.