



YOGA CLASSES

PREVENTATIVE HEALTHCARE
FOR EVERY BODY

PUNCH CARD PAYMENT SYSTEM
SAVES MONEY & FLEXES WITH YOUR SCHEDULE!

2010 CLASS SCHEDULE

EARLY BIRD YOGA MON & WEDS 6:00 AM - 6:45 AM

Cost: \$6/class or \$60 for 12-class punch card

GENTLE MORNING STRETCH

SLEEP IN LATER, AND UNWIND WITH THIS THERAPEUTIC CLASS

MON & WEDS 8:00 AM - 8:45 AM

Cost: \$6/class or \$60 for 12-class punch card

YOGA FOR BEGINNERS & BEYOND

Thursdays, 5:00 PM - 6:15 PM \$10/class or \$75 for 8 class punch card

PRIVATE YOGA CLASS INSTRUCTION

Available by appointment. Cost: \$30 per hour

INSTRUCTOR: PEG TOLIVER
CALL 467-3220 TO ENROLL

HEALTHY ARTS PHYSICAL THERAPY

120 N. MAIN
EUREKA, IL 61530

see updates on class offerings, and therapeutic services at our website

WWW.HEALTHYARTSPT.COM