

Yoga Balance

CLASS SCHEDULE (as of January 2017)

TUESDAY

9:30 AM - 10:30 AM

GENTLE/BASIC

7:00 PM - 8:00 PM

BASIC (*Bekka Herrington*)

WEDNESDAY

9:00 AM - 10:00 AM

BASIC

11:00 AM - 12:00 PM

STRETCH, STRENGTH & BALANCE

7:15 PM - 8:15 PM

BASIC

THURSDAY

12:00 PM - 1:00 PM

BASIC

7:00 PM - 8:15 PM

RESTORATIVE YOGA (*Melissa DeNapoli*)

FRIDAY

9:00 AM - 10:00 AM

BASIC

SATURDAY

9:00 AM - 10:00 AM

BASIC

For your first class, please arrive 10 minutes early to complete registration forms and discuss any questions or issues you may have.

A single class (or drop in) is \$10. 5 class pack is \$45. 10 class pack is \$90.

January Special - for every 4 classes attended in January, receive a FREE class pass!!

Lisa McKernan

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