

Yoga Balance

CLASS SCHEDULE (as of August 2016)

TUESDAY

9:30 AM - 10:30 AM	GENTLE/BASIC (<i>Heather Eisenhour</i>)
5:45 PM - 6:45 PM	BASIC (<i>Bekka Herrington</i>)
7:00 PM - 8:00 PM	BASIC (<i>Bekka Herrington</i> - starts 9/13)

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

7:00 PM - 8:15 PM	RESTORATIVE YOGA (<i>Melissa DeNapoli</i>)
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FRIDAY

9:00 AM - 10:00 AM	BASIC
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SATURDAY

9:00 AM - 10:00 AM	BASIC
10:30 AM - 11:30 AM	SPECIAL EVENTS

For your first class, please arrive 15 minutes early to complete registration forms and discuss any questions or issues you may have.

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

Lisa McKernan

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