

# *Yoga Balance*

## CLASS SCHEDULE (as of Jan 2018)

### MONDAY

5:30 PM - 6:30 PM GENTLE/BASIC

### TUESDAY

9:30 AM - 10:30 AM GENTLE/BASIC

### 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

9:30 AM - 10:30 AM GENTLE/BASIC with STRENGTHENING \*\*

12:00 PM - 1:00 PM GENTLE/BASIC

6:30 PM - 7:30 PM RESTORATIVE YOGA (*Melissa DeNapoli*)

### SATURDAY

9:00 AM - 10:00 AM BASIC

\*\* starts January 11<sup>th</sup>

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 \$12. 5 class pack for \$55. 10 class pack for \$100. A monthly package (unlimited classes) is available for \$75. 10% discount on class packages for Seniors (65+) and for new students on their 1<sup>st</sup> visit.

*Lisa McKernan*

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