

CLASSES SCHEDULE

MONDAY

6:30a-7:30a	\$5 Flow	E.J.
8:15a-9:15a	Back Care \$10	Lacy
9:30a-10:45a	Basics	Arjuna
11:30a-12:45p	Gentle	Bekah
12:30p-1:30p	Flow \$10	Jo
1:00p-2:00p	Stretch \$10	Marcy
4:00p-5:15p	Basics	Rose
5:30p-6:30p	Yoga Ball Therapy	Rose
6:30p-7:45p	Gentle	Susan R
6:45p-7:45p	Flow	Courtney/Christy
8:00p-9:00p	Stretch	Courtney

TUESDAY

6:30a-7:30a	\$5 Flow	E.J.
9:00a-10:15a	Flow	Darby
11:30a-12:45p	Gentle	Kellie
12:30p-1:30p	Flow \$10	Darby
1:00-2:00p	Yin \$10	Bekah
4:00p-5:15p	Slow Flow	Heather
5:30p-6:45p	Basics	Rose
6:00p-7:15p	Mixed Flow	Nicole
7:00p-8:00p	Yoga Sculpt	Kerry

WEDNESDAY

6:30a-7:30a	\$5 Flow	Codi
9:30a-10:45a	Basics	Sommer
10:00a-10:45a	Xpress Heated Flow	Nicole
11:30a-12:45p	Gentle	Karen
12:30p-1:30p	Flow \$10	Nicole
1:00p-2:00p	Stretch \$10	Marcy
4:00p-5:15p	Yoga & Sound	Karen
5:15p-6:30p	Restorative	Bekah
6:30p-7:45p	Gentle	Susan R
6:45p-8:00p	Mixed Flow	E.J./Christy
8:00p-9:15p	Flow	Courtney
8:15p-9:15p	Belly Dance	Jennie

THURSDAY

6:30a-7:30a	\$5 Flow	Erin
9:00a-10:15a	Flow	Darby
11:30a-12:45p	Gentle	Kellie
12:30p-1:30p	Flow \$10	Darby
1:00-2:00p	Yin \$10	Heather
3:30p-4:30p	Kids 5-10	Giselle
4:00p-5:15p	Slow Flow	Heather
5:30p-6:45p	Basics	Nicole
6:00p-7:15p	Mixed Flow	Arielle
7:00p-8:00p	Yoga Sculpt	Codi

FIRST TIME STUDENTS: Enjoy Unlimited Classes!
2 WEEKS FOR \$40 or 1 MONTH for \$80
Local residents only
No further discounts apply, non-transferable.

PRICES

\$20 Single Class
\$10 Community Class
\$150 Monthly Unlimited No Contract
\$85 5 class series*
\$140 10 class series*
\$250 20 class series*
\$10 Kids 12 & under
<i>Auto-Pay, \$115 a mo. with 6 month auto renewing contract</i>

*All Class Series & Single Classes expire 1 year from date of purchase excluding unlimited packages. All classes & purchases are non-refundable & non-transferable.

FIRST TIME STUDENTS: UNLIMITED CLASSES: 2 WEEKS for \$40 or 1 MONTH for \$80
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FRIDAY

6:30a-7:30a	\$5 Flow	Erin
8:15a-9:15a	Back Care \$10	Lacy
9:00a-10:00a	Pre/Post Natal \$10	Erin
9:30a-10:45a	Basics	Julia/Christy
11:30a-12:45p	Gentle	Susan R
12:30p-1:30p	Flow \$10	Erin
1:00p-2:00p	Stretch \$10	Jennie
3:30-4:30p	Heated Flow \$10	Darby
4:00p-5:15p	Basics	Jennie
5:15p-6:30p	Mixed Flow	Jenny
5:30p-6:30p	Moon Flow	Bekah
6:45p-8:00p	Restorative	Bekah

SATURDAY

8:00a-9:15a	Intermediate	Arjuna
9:30a-11:00a	Mixed Flow	Arjuna
9:45a-11:00a	Stretch	Nicole
11:15a-12:15p	Pre/Post Natal \$10	Susan
11:30a-12:45p	Yoga Ball Therapy	Rose
2:30p-3:45p	Flow	Sommer
4:00p-5:00p	Back Care	Lacy

SUNDAY

9:45a-11:00a	Slow Flow	Arielle
10:00a-11:30a	Gentle	Susan Q
11:45a-1:00p	Flow	Darby
3:00p-4:15p	Flow	Mark
4:30p-5:45p	Stretch	Marcy
6:00p-6:45p	Guided	Sandy
	Meditation \$10	

CLASS SUMMARY

See full class descriptions at YogaBlend.com

Classes with an asterisk* are suitable for those new to yoga. Classes in **RED** are **not** recommended for beginners.

Basics	Yoga Sculpt
Flow	Heated Flow
\$5 Flow	Xpress Heated Flow
Belly Dance	Mixed Flow
Yoga & Sound	Intermediate



STRENGTH, AGILITY, CORE

These classes are appropriate for everyone, especially if you're new to yoga, or dealing with injury/chronic pain

Gentle	Restorative
Back Care	Yoga Ball Therapy
Stretch	
Guided Meditation	
Slow Flow	
Yin	



RELAXATION & HEALING

Any Yin class	Kids Yoga
Any Gentle class	Yoga Ball Therapy
Any Stretch class	Pre/Post Natal
Any Restorative class	Chandra Flow[^]
Any Meditation class	[^]Great for fertility



PREGNANCY & FAMILY

Please refer to www.yogablend.com for the most current schedule and for modified holiday schedules.



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