

# CLASSES SCHEDULE

MONDAY		
6:30a-7:30a	\$5 Flow	Mackenzie
8:15a-9:15a	Gentle Backcare \$9	Lacy
9:30a-10:45a	Basics	Arjuna
11:30a-12:45p	Gentle	Bekah
12:30p-1:30p	Lunchtime Flow \$9	Emily
1:00p-2:00p	Stretch \$9	Marcy
3:30p-4:10p	Kids (ages 4-7)	Giselle
4:00p-5:00p	Basics \$9	Rose
4:15p-5:00p	Kids (ages 8-12)	Giselle
5:30p-6:30p	Yoga Ball Therapy	Rose
6:30p-7:45p	Gentle	Susan R
6:45p-7:45p	Vinyasa Flow	Courtney
8:00p-9:00p	Stretch	Courtney

TUESDAY		
6:30a-7:30a	\$5 Flow	Erin
9:00a-10:15a	Vinyasa Flow	Darby
11:30a-12:45p	Gentle	Kellie
12:30p-1:30p	Lunchtime Flow \$9	Darby
1:00-2:00p	Yin \$9	Bekah
4:00p-5:00p	Slow Flow \$9	Heather
5:30p-6:45p	Basics	Nicole
5:45p-6:45p	Belly Dance	Jennie
7:00p-8:00p	Sculpt	Nicole

WEDNESDAY		
6:30a-7:30a	\$5 Flow	Codi
9:30a-10:45a	Basics	Sommer
11:00a-12:00p	Pre/Post-Natal \$9	Nicole
11:30a-12:45p	Gentle	Karen
12:30p-1:30p	Lunchtime Flow \$9	Nicole
1:00p-2:00p	Stretch \$9	Marcy
3:30-4:30p	Heated Flow	Bekah
4:00p-5:00p	Yoga & Sound \$9	Karen
5:15p-6:30p	Restorative	Bekah
6:30p-7:45p	Gentle	Susan R
6:45p-8:00p	Mixed Level	Keric
8:00p-9:15p	Vinyasa Flow	Courtney

THURSDAY		
6:30a-7:30a	\$5 Flow	Erin
9:00a-10:15a	Vinyasa Flow	Darby
11:30a-12:45p	Gentle	Kellie
12:30p-1:30p	Lunchtime Flow \$9	Darby
1:00-2:00p	Yin \$9	Heather
4:00p-5:00p	Slow Flow \$9	Heather
5:30p-6:45p	Basics	Nicole
7:00p-8:00p	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
\$18 Single Class
\$9 Community Class
\$150 Monthly Unlimited
\$75 5 class series*
\$130 10 class series*
\$220 20 class series*
\$300 30 class series*
\$10 Kids 12 & under

**Auto-Pay, \$115 a mo. with 6 month contract**  
 All Class Series & Single  
 Classes expire 2 years from date of purchase excluding unlimited packages.  
 All classes are non-refundable & non-transferable.

Gift Certificates available!

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 No further discounts apply, non-transferable.

FRIDAY		
8:15a-9:15a	Gentle Backcare \$9	Lacy
9:00a-10:00a	Pre/Post Natal \$9	Erin
9:30a-10:45a	Basics	Julia
11:30a-12:45p	Gentle	Susan R
12:30p-1:30p	Lunchtime Flow \$9	Courtney
1:00p-2:00p	Stretch \$9	Jennie
3:30-4:30p	Heated Flow \$9	Darby
4:00p-5:00p	Basics \$9	Jennie
5:30p-6:45p	Chandra (Moon) Flow	Bekah
6:00p-7:15p	Mixed Level	Jenny
7:00p-8:15p	Restorative	Bekah

SATURDAY		
8:00a-9:15a	Intermediate	Arjuna
9:30a-11:00a	Mixed Level	Arjuna
9:45a-11:00a	Stretch	Nicole
11:15a-12:15p	Pre/Post Natal \$9	Kim
11:30a-12:45p	Yoga Ball Therapy	Rose
2:30p-3:45p	Vinyasa Flow	Sommer
4:00p-5:00p	Gentle Backcare	Lacy

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

## CLASS SUMMARY

See full class descriptions at [YogaBlend.com](http://YogaBlend.com)

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

STRENGTH, AGILITY, CORE

- Basics\*
- Vinyasa Flow\*
- \$5 Flow\*
- Belly Dance\*
- Yoga & Sound\*
- Lunchtime Flow
- Sculpt
- Yoga Sculpt
- Heated Flow
- Mixed Level
- Intermediate



RELAXATION & HEALING

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

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



PREGNANCY & FAMILY

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



Please refer to [www.yogablend.com](http://www.yogablend.com) for the most current schedule and for modified holiday schedules.



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