

CLASSES SCHEDULE

MONDAY

6:30a-7:30a	\$5 Flow	Sandy
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	Jennie P
4:00p-5:15p	Basics	Rose
5:00p-6:00p	Chakra Yoga	Christy
5:30p-6:30p	Yoga Ball Therapy	Rose
6:30p-7:45p	Gentle	Susan R
6:45p-7:45p	Flow	Courtney/Christy
8:00p-9:15p	Mixed Flow	Courtney

TUESDAY

6:30a-7:30a	\$5 Flow	E.J.
7:00a-7:45a	Meditation	Mary
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	Karen
4:00p-5:00p	Yoga & Meditation \$10	Christy
5:30p-6:45p	Basics	Rose
6:00p-7:15p	Mixed Flow	Arielle/Christy
7:00p-8:00p	Yoga Sculpt	Kerry
7:30p-8:30p	Belly Dance	Jennie P

WEDNESDAY

6:30a-7:30a	\$5 Flow	Sandy
10:00a-10:45a	Xpress Heated Flow	Nicole
11:30a-12:45p	Gentle	Christy
12:30p-1:30p	Flow \$10	Nicole
1:00p-2:00p	Stretch \$10	Bekah
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.
8:00p-9:15p	Flow	Courtney

THURSDAY

6:30a-7:30a	\$5 Flow	E.J.
7:00a-7:45a	Meditation	Mary
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
5:30p-6:45p	Basics	Jennie P
6:00p-7:15p	Mixed Flow	Arielle
7:00p-8:00p	Yoga Sculpt	Shee

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*
<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.

Gift Certificates available!

FIRST TIME STUDENTS: UNLIMITED CLASSES: 2 WEEKS for \$40 or 1 MONTH for \$80
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No further discounts apply, non-transferable.

FRIDAY

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

SATURDAY

8:30a-9:15a	Yoga & Meditation \$10	Heather
9:00a-10:15a	Mixed Flow	Arjuna
9:45a-11:00a	Stretch	Nicole
10:30a-11:30a	Gentle	Heather
11:30a-12:30p	Sculpt	Kerry
2:30p-3:45p	Flow	Sommer

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	Mixed Flow	Mark
4:30p-5:45p	Stretch	Rose
6:00p-6:45p	Guided	Sandy
	Meditation \$10	

CLASS SUMMARY

See full class descriptions at YogaBlend.com

Classes in **RED** are **not** recommended for beginners.

Basics
Flow
\$5 Flow
Belly Dance
Yoga & Sound

Chakra Yoga
Yoga Sculpt
Heated Flow
Xpress Heated Flow
Mixed Flow



STRENGTH, AGILITY, CORE

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

Gentle
Back Care
Stretch
Slow Flow
Guided Meditation
Yoga & Meditation

Restorative
Yoga Ball Therapy
Moon Flow
Yin Yoga
Chakra Yoga
Yoga & Sound



RELAXATION & HEALING

Any Yin class
Any Gentle class
Any Stretch class
Any Restorative class

Yoga Ball Therapy
Pre/Post Natal
Moon Flow
Chakra Yoga



PREGNANCY & FAMILY

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



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