

August 2010

Studio A

Preliminary Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM						Pilates Valerie
10:30 AM	Beginner/Gentle Mary		Beginner/Gentle Sue		Gentle /Restorative Sherry	All Levels Susan
6:15 PM	Beginner Yoga Susan	Pilates Valerie		All Levels Melanie		
6:30 PM			Qigong Jenny			
7:30 PM		Yummy Yoga Cheryl		Traditional Yoga Mary		

Pilates, Yummy Yoga & Qigong are 60-minute classes – All other classes are 75 minutes

Studio B – (Enter Through Spa Lobby)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		Hot Pilates /Yoga Valerie		Hot Pilates /Yoga Valerie		
6:00 AM	Hot Yoga Jennifer				Hot Yoga Jennifer	
6:30 AM			Hot Vinyasa Flow Amy			
8:00 AM			Hot Vinyasa Flow Amy			
6:00 PM			Hot Vinyasa Flow Amy			
6:30 PM		Prenatal Yoga Mary				

Hot Pilates, Hot Yoga, Prenatal Yoga & Meditation are 60-minute classes – Hot Vinyasa is a 75-minute class

www.ALLaboutYOUolutions.com ~ 23 Village Inn Road, Westminster ~ 978-874-6200

Class Rates

Drop-in - \$17

14-Day Special

Unlimited Classes - \$30

New students only

4-Month Open Class StudioPass

8 Classes - \$114 - \$14.25 each

20 Classes - \$239 - \$11.95 each

32 Classes - \$329 - \$10.28 each

4-Month ClassPass

Use for up to 8 of any

Specific Class - \$79 - \$9.88 each

30-Day StudioPass

Good for any 12 Classes

\$119 - \$9.92 each

Unlimited Monthly StudioPass

\$99 - 6-Month Minimum & Auto-Pay

Unlimited Annual StudioPass

\$849 - Less than \$16.50 a week

A Yoga Studio & Day Spa
That Is... all about you!

Studio Classes

Yoga

- All Levels Yoga
- Beginner/ Gentle
- Prenatal Yoga
- Restorative Yoga
- Traditional Yoga
- Hot Yoga (Coming in August)

Qigong

Pilates

Private & Semi Private
Instruction Available

Services

Massage Styles

- | | |
|----------------|---------------------|
| -Thai Yoga | -Lomi Lomi |
| -Therapeutic | -Swedish/Relaxation |
| -Pre/postnatal | -Hot Stone |
| -Couples | -Orthopedic |
| -Myofascial | -Ayurvedic |
| -Reflexology | -Ashiatsu |

-Facials & Waxing

-IPL Laser Skin Rejuvenation & Permanent Hair Removal

-Spa Foot Treatments & Manicures

-EFT & Energy Therapies

-Acupuncture

-Applied Kinesiology (AK)

-Chiropractic

-Reiki

STUDIO Schedule



- All Levels Yoga
- Beginner/ Gentle
- Prenatal
- Restorative
- Traditional
- Pilates
- Qigong
- Meditation

 all about
you
Solutions for Body & Soul

23 Village Inn Rd, Westminster, MA 01473
At Exit 27 - Off Route 2 978-874-6200
www.ALLaboutYOUolutions.com