

February

Studio A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM						Fit to the Core Valerie
10:30 AM	Beginner/Gentle Yoga Isabel		Beginner/Gentle Yoga Sue		Beginner/Gentle Yoga Joan	All Levels Yoga Susan
6:15 PM	Beginner Yoga Susan	Fit to the Core Valerie	Prenatal Yoga Isabel	All Levels Yoga Melanie		
7:00 PM					Restorative Yoga * Susan	
7:30 PM			Traditional Yoga Isabel		*1 st Friday of month ONLY – February 3rd	

Fit to the Core, Prenatal & Traditional Yoga are 60 minutes. All other classes are 75 minutes

Hot Classes are 100°+

Studio B - Heated Studio – (Enter Through Spa Lobby)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						All Levels Hot Yoga Susan
5:00 PM	Hot Yoga Karen	All Levels Hot Yoga Susan	Hot Yoga Fit Briana		Hot Yoga Fit Briana	
6:00 PM				Hot Yoga Fit Briana		
6:30 PM	Hot Yoga Jenna	All Levels Hot Yoga Susan	Hot Yoga Fit Briana			
7:30 PM				Hot Yoga Fit Briana		

All hot classes are 60 minutes - For sanitary reasons PLEASE be sure to bring your own mat to all hot classes.

Class Size Limited to 14 Students - Pass holders can call ahead to reserve a spot.

THERE IS NO ENTRANCE TO CLASSES BEYOND 5 MINUTES AFTER START TIME.

Class Rates

Drop-in - \$17

Two Week Special

Unlimited Classes - \$30 - New Students

4-Month 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* time slot
\$79 - \$9.88 each

30-Day StudioPass

Use 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

Only one pass type per student

Personal Use of Heated Studio

\$25 per person/hour. By Appointment

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 & Pilates

Pilates (Fit to the Core)

Tai Chi - Instructional & Practice

Individual Instruction Available

Private - \$75 per hour

Semi Private - \$45 per hour (2 or more) each

Services

Massage Styles

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

-Facials, Waxing & Threading

-IPL Laser Skin Rejuvenation & Permanent Hair Removal

-Spa Foot Treatments & Manicures

-Infrared Sauna

-Acupuncture

-Applied Kinesiology (AK)

-Chiropractic

-Reiki

-EFT & Energy Therapies

STUDIO Schedule



Hot Yoga & Pilates

All Levels Yoga

Pilates

Beginner Yoga

Gentle Yoga

Prenatal Yoga

 all about
you
Solutions for Body & Soul

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