

July Class Schedule

Sundays:

8:00-8:50 am Fundamental Flow

Mondays:

6:15-7:05 am Fundamental Flow

12:10-12:50 pm Yoga for
Lunch-Hatha

4:30-5:30 pm Power Hour

Tuesdays:

8:00 am-9:00 am Weightlifting for
Women

9:15-10:05 am Fundamental Flow

12:10-12:50 pm Meditate and
Restore

4:30-5:20 pm Sculpt (1st floor)

6:45-7:45 pm Restorative Yoga

Wednesdays:

12:10-12:50 pm Yoga for
Lunch-Hatha

4:30-5:30 pm Vinyasa Flow

Thursdays:

8:00 am-9:00 am Weightlifting for
Women

9:15-10:05 am Fundamental Flow

12:10-12:50 pm Meditation

4:30-5:20 pm Sculpt (1st floor)

5:30 pm-6:20 pm Fundamental
Flow

Fridays:

6:15-7:05 am Fundamental Flow

12:10-12:50 pm Yoga for
Lunch-Fundamental Flow

4:30-5:30 pm Restorative Yoga

Saturdays:

8:00-8:50 am Strength

9:00 am-10:00 am Vinyasa Flow
(3rd floor)

9:00 am-9:50 am Fundamental
Flow (2nd floor)

10:10 am-11:00 am Bootcamp (1st
floor)

Special Events:

What: FREE Yoga @ Ariel Foundation Park

When: Wednesday July 12, 19, and 26

Where: Schnormeier Event Center in Ariel Foundation Park

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CLASS RATES

New Client 2 wk Unlimited \$25

Drop In: \$12

15 Class Package \$129

1 Month Unlimited \$69

12 Month Auto Renew \$59/mth

6 Month Paid in Full \$299
(\$49.83/mth)

12 Month Paid in Full \$549
(\$45.75/mth)



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