



Strength + Grace Month is here!

Sundays:

8:00-9:00 am Power and Restore

Mondays:

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

4:30-5:30 pm Power Hour

Tuesdays:

5:30 am-6:20 am Fundamental Flow

9:15-10:05 am Fundamental Flow

4:30-5:30 pm Vinyasa Flow

Wednesdays:

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

4:30-5:30 pm Restorative Yoga

Thursdays:

5:30 am-6:20 am Fundamental Flow

9:15-10:05 am Fundamental Flow

4:30 pm-5:30 pm \$5 Donation Power and Restore

Fridays:

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

4:30-5:30 pm Restorative Yoga

**** FRIDAY Oct. 6th**

Ladies Night Strength + Grace

Kickoff Flow at 4:30 pm **

Saturdays:

9:00 am-10:00 am Vinyasa Flow (studio 1)

**** Live Music Vinyasa Flow**

Saturday Oct. 21st at 9:00 am **

Special Events:

Strength + Grace Challenge is here!

21 classes in 31 days through the month of October

Sign up at www.shaktifit.com



Strength + Grace Month is here!

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



Special Events:

Strength + Grace Challenge is here!
21 classes in 31 days through the month of October
Sign up at www.shaktifit.com