

## **2017 FALL YOGA SCHEDULE**

Monday at 10:30 am and Friday at 10 am. (8 Weeks)

Please register as soon as you can because space can fill up (only 6 spots).

Monday at 10:30 am - 11:30 am (1 hr)

Fridays at 10 am - 11 am (1 hr)

Dates for Mondays: **9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30**

Dates for Fridays: **9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3**

### **COST:**

**Mat:** Drop in - \$10 per class; **OR**

Mondays for 8 Weeks - \$64 (\$8 per class)

Thursdays for 8 Weeks - \$64 (\$8 per class)

Both Tuesday and Thursday for 8-week session - \$128

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### **Chair Yoga:**

Tuesday at 10:30 am - 11:15 am (45min)

Thursday at 10:30 am - 11:15 am (45 min)

Dates for Tuesdays: **9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31**

Dates for Thursdays: **9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2**

### **COST:**

**Chair:** Drop in - \$8 per class; **OR**

Tuesdays for 8 Weeks - \$48 (\$6 per class)

Thursdays for 8 weeks- \$48 (\$6 per class)

Both Tuesday and Thursday for 2 week session - \$96