

FALL / WINTER 2019 - 2020 PREMIUM YOGA / MEDITATION PROGRAMS

Class	Location	# of Classes	Day	Fall	Winter	Duration	Time	Member Fee	Non-Member Fee
Hatha Yoga	Studio 5	10	Mon.	Sept. 16 - Nov. 25	Jan. 13 - Mar. 23	60 min	5:00 - 6:00pm or 6:15 - 7:15pm	\$139.00	\$175.00
Hatha Yoga*	Studio 5	10	Tues.	Sept. 17 - Nov. 19	Jan. 14 - Mar. 24	60 min	11:00am - 12:00pm	\$139.00	\$175.00
		7						\$109.00	\$145.00
Hatha Yoga	Studio 5	10	Wed.	Sept. 18 - Nov. 20	Jan. 15 - Mar. 25	60 min	5:00 - 6:00pm or 6:15 - 7:15pm	\$139.00	\$175.00
Hatha Yoga*	Studio 5	10	Thurs.	Sept. 19 - Nov. 21	Jan. 16 - Mar. 26	60 min	11:00am - 12:00pm	\$139.00	\$175.00
		7						\$109.00	\$145.00
Hatha Yoga*	Studio 5	10	Sat.	Sept. 21 - Nov. 23	Jan. 18 - Mar. 28	60 min	9:30 - 10:30am or 11:00am - 12:00pm	\$139.00	\$175.00
		7						\$109.00	\$145.00
Gentle Hatha Yoga*	Studio 5	10	Tues. & Thurs.	Sept. 19 - Nov. 21	Jan. 14 - Mar. 26	60 min	12:10 - 1:10pm	\$139.00	\$175.00
		7						\$109.00	\$145.00
Restorative Yoga	Studio 5	10	Thurs.	Sept. 19 - Nov. 21	Jan. 16 - Mar. 19	60 min	7:30 - 8:30pm	\$135.00	\$165.00
Vinyasa Yoga	Studio 5	10	Tues.	Sept. 17 - Nov. 19	Jan. 14 - Mar. 17	60 min	7:45 - 8:45am	\$135.00	\$165.00
Vinyasa Yoga	Studio 5	10	Sun.	Sept. 22 - Nov. 24	Jan. 19 - Mar. 22	60 min	10:00 - 11:00am	\$135.00	\$165.00
Flow Yoga	Studio 5	10	Tues.	Sept. 24 - Nov. 26	Jan. 14 - Mar. 17	60 min	5:30 - 6:30pm	\$135.00	\$165.00
Mindful Yoga	Studio 5	10	Wed.	Sept. 25 - Nov. 27	Jan. 15 - Mar. 18	60 min	1:15 - 2:15pm	\$135.00	\$165.00
Meditation (Day)	Studio 5	10	Tues.	Sept. 24 - Nov. 26	Jan. 14 - Mar. 17	45 min	11:45am - 12:30pm	\$135.00	\$165.00
Meditation (Evening)	Studio 5	10	Tues.	Sept. 24 - Nov. 26	Jan. 14 - Mar. 17	45 min	6:35 - 7:20pm	\$135.00	\$165.00

*Pricing & Schedules are subject to change.
 *There will be no classes for the month of February 2020.