

Fall / Winter 2020 - 2021 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. 14 - Nov. 16	Jan. 11 - Mar. 22	60 min	5:00 - 6:00pm or 6:15 - 7:15pm	\$139.00	\$175.00
Hatha Yoga*	Studio 5	10	Tues.	Sept. 15 - Nov. 17	Jan. 12 - Mar. 24	60 min	11:00am - 12:00pm	\$139.00	\$175.00
Hatha Yoga	Studio 5	10	Wed.	Sept. 16 - Nov. 18	Jan. 13 - Mar. 22	60 min	5:00 - 6:00pm or 6:15 - 7:15pm	\$139.00	\$175.00
Hatha Yoga*	Studio 5	10	Thurs.	Sept. 17 - Nov. 19	Jan. 14 - Mar. 23	60 min	11:00am - 12:00pm	\$139.00	\$175.00
		7				90 min	10:30am - 12:00pm	\$109.00	\$145.00
Hatha Yoga*	Studio 5	10	Sat.	Sept. 19 - Nov. 21	Jan. 16 - Mar. 26	60 min	9:30 - 10:30am or 11:00am - 12:00pm	\$139.00	\$175.00
		7				90 min	9:30 - 11:00am or 11:10am - 12:40pm	\$109.00	\$145.00
Gentle Hatha Yoga*	Studio 5	10	Tues. & Thurs.	Sept. 15 - Nov. 17	Jan. 12 - Mar. 25	60 min	9:45 - 10:45am or 11:00am - 12:00pm	\$139.00	\$175.00
		7						\$109.00	\$145.00
Restorative Yoga	Studio 5	10	Thurs.	Sept. 17 - Nov. 19	Jan. 12 - Mar. 23	60 min	7:30 - 8:30pm	\$135.00	\$165.00
NEW! Bliss Yoga	Studio 5	10	Tues.	Sept. 15 - Nov. 17	Jan. 14 - Mar. 25	60 min	7:30 - 8:30pm	\$135.00	\$165.00
Vinyasa Yoga	Studio 5	10	Sun.	Sept. 20 - Nov. 22	Jan. 18 - Mar. 28	60 min	10:00 - 11:00am	\$135.00	\$165.00
Flow Yoga	Studio 5	10	Tues.	Sept. 15 - Nov. 17	Jan. 12 - Mar. 23	60 min	5:30 - 6:30pm	\$135.00	\$165.00
Mindful Yoga	Studio 5	10	Wed.	Sept. 16 - Nov. 18	Jan. 13 - Mar. 24	60 min	1:15 - 2:15pm	\$135.00	\$165.00
Meditation (Day)	Studio 5	10	Tues.	Sept. 15 - Nov. 17	Jan. 12 - Mar. 23	45 min	11:45am - 12:30pm	\$135.00	\$165.00
Meditation (Evening)	Studio 5	10	Tues.	Sept. 15 - Nov. 17	Jan. 12 - Mar. 23	45 min	6:35 - 7:20pm	\$135.00	\$165.00

Prices and schedules subject to change without notice.

* No Hatha Yoga classes February 2021