

WINTER 2023 PREMIUM YOGA / MEDITATION PROGRAMS

Class	Location	# of Classes	Day	Winter	Duration	Time	Member Fee	Non-Member Fee
Hatha Yoga	Studio 5	10	Mon.	Jan. 9 - Mar. 20	60 min	10:00 - 11:00am	\$145.00	\$185.00
				No Classes - Family Day - Feb. 20				
Hatha Yoga	Studio 5	10	Tues.	Jan. 10 - Mar. 21 [†]	60 min	11:00am - 12:00pm	\$145.00	\$185.00
Hatha Yoga	Studio 5	7	Wed.	Feb. 1 - Mar. 15	60 min	6:15 - 7:15pm	\$101.50	\$129.50
Hatha Yoga	Studio 5	10	Thurs.	Jan. 12 - Mar. 23 [†]	60 min	11:00am - 12:00pm	\$145.00	\$185.00
Hatha Yoga	Studio 5	7	Sat.	Feb. 4 - Mar. 18	60 min	9:00 - 10:00am	\$101.50	\$129.50
Gentle Hatha Yoga	Studio 5	10	Tues.	Jan. 21 - Mar. 17	60 min	12:15 - 1:15pm	\$145.00	\$185.00
Restorative Yoga*	Studio 5	10	Thurs.	Jan. 12 - Mar. 16	60 min	7:30 - 8:30pm	\$145.00	\$185.00
NEW! Yoga for Beginners	Studio 5	10	Thurs.	Jan. 12 - Mar. 23 [†]	60 min	9:45 - 10:45am	\$145.00	\$185.00
Vinyasa Yoga*	Studio 5	10	Sun.	Jan. 15 - Mar. 19	60 min	10:00 - 11:00am	\$145.00	\$185.00

Prices and schedules subject to change without notice.

[†]No Classes - January 17 & 19.

*Classes available virtually through ZOOM and in-person.