



# SERENITY YOGA

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 AM to 10:45 AM</b>	Wake Up and Flow Yoga	Wake Up and Flow Yoga	Wake Up and Flow Yoga	Wake Up and Flow Yoga	Wake Up and Flow Yoga
<b>12:00 PM to 1:00 PM</b>	Lunchtime Yoga	Chair Yoga		Chair Yoga	Lunchtime Yoga
<b>4:00 PM to 5:00 PM</b>	Strong Flow	Dance Yoga	Strong Flow		
<b>5:30 PM to 6:30 PM</b>	Beginner Yoga		Restorative Yoga		

## PRICING

\*Try your first class FREE!\*

\*For September only drop in classes are \$8 members/\$10 non-members\*

Single class Drop-in.....\$10 members/\$12 non-members

5 class pass.....\$45 members/\$55 non-members

10 class pass.....\$90 members/\$110 non-members