

<u>Mondays</u>	<u>Classes</u>	<u>Instructor</u>
9:30-10:45 am	Flow Yoga	Shannon
Noon-1:00 pm	Flow Yoga *New Class Begins 1/9	Shannon
4:30-5:45 pm	Power Flow	SJ
5:45-7:00 pm	Iyengar (Alignment) Yoga	Chet
6:15-7:30 pm	Hot Power Flow	Debi
<u>Tuesdays</u>	<u>Classes</u>	<u>Instructor</u>
6:00-7:00 am	Sunrise Flow	Kate
8:00-9:00 am	Flow Yoga	Gota
9:15-10:30 am	Iyengar (Alignment) Yoga	Chet
11:00 am- Noon	Power Hour	Michele
4:30-5:45 pm	Flow Yoga	Debi
6:15-7:30 pm	Flow Yoga	Shannon
<u>Wednesdays</u>	<u>Classes</u>	<u>Instructor</u>
8:00-9:00 am	Power Yoga	Annie
9:00-10:30 am	Flow Yoga	Shannon
Noon-1:00 pm	Flow Yoga	Debi
4:30-5:45 pm	Gentle Flow Yoga	Gota
6:15-7:30 pm	Hot Power Flow	Annie
6:30-7:45 pm	Alignment Yoga	Angela
<u>Thursdays</u>	<u>Classes</u>	<u>Instructor</u>
6:00-7:00 am	Sunrise Flow	Kate
8:00-9:00 am	Flow Yoga	Gota
11:00 am – 12:00 pm	Power Hour	Debi
4:30-5:45 pm	Power Flow	SJ
6:15-7:30 pm	Flow Yoga - *New Teacher	Gota
<u>Fridays</u>	<u>Classes</u>	<u>Instructor</u>
8:00-9:00 am	Power Hour	Annie
9:00-10:30 am	Iyengar (Alignment) Yoga Level 2	Chet
Noon-1:00 pm	Flow Yoga	Annie
4:30-5:45 pm	Flow Yoga	Katie
6:00-7:15 pm	Gentle Flow Yoga	Gota
<u>Saturdays</u>	<u>Classes</u>	<u>Instructor</u>
9:00 – 10:00 am	Flow Yoga Hour	Shannon
10:30 - 11:45 am	Hot Power Yoga	Emily
<u>Sundays</u>	<u>Classes</u>	<u>Instructor</u>
10:30-11:45 am	Alignment Yoga	Angela
4:00-5:30 pm	Restorative Yoga	Chet/Annie
4:15-5:30 pm	Flow Yoga	Sarah Katie
6:00-7:30 pm	Power Flow	SJ

See [web Site](#) for Details. Student Enrollment On-line or Call 706-355-3114

- 12 Month - 200 Hour TT - beginning February 2017
- 6 Month 200 Hrs. Yoga Teacher Training - beginning - May 2017
- Yoga 101, Sundays January 8-29, 2-3:15 pm with Shannon Ball - 4 Sundays \$57
- Yoga for Back Care 2 Sessions. Sat. Jan. 28 3-5:00 pm and Sat. Feb 4, 3-5:00 pm with Chet Thomas. \$30 for single class at door. \$50 advanced registration Both Sessions.

• **Class Rates -**

- Drop-in \$17
- 2 Week, 5 Class Pass for 1st time clients: \$40
- 5 classes/\$65--expires in 3 mos.
- 10 classes/\$115--expires in 6 mos.
- NEW! \$99 Unlimited membership (auto renew pass)
- Private Individual Session - \$60/hour
- Private Group Session - \$100/hour (3-5 people)

Earn A FREE CLASS: if a friend you refer buys a class card!