

OTHER YOGA CLASSES AVAILABLE

**BUY 10 pack for \$80 and drop in any of our yoga classes.
Call/text 740-407-2814 the day of to be sure we are
having class!**

Mondays 5pm Hatha Yoga with MaryBeth Tipton \$12 2nd floor

Tuesdays 6pm Hip Hop Fitness \$5 with Cap

Wednesdays 10am Yoga Flow \$10 with Hollie Michelle

Wednesdays 6:30pm Heated Yoga \$12 with Amy

Thursdays 6pm Hip Hop Fitness \$5 with Cap

Fridays 10:30 am Heated Flow \$12 with Hollie

Saturdays 9am Tai Chi with Terri \$10 1st floor

Sundays 10am Meditation Donation BASED with Susan Vaughn
2nd floor

Sundays 11:30am Yoga Flow \$10 with Hollie 2nd floor