

## Winter 2024 Offerings

### **Adult Classes:**

**Mondays: 6:00-7:15pm** 10-week session **Jan. 22 - April 15** (no class 2/19, 3/4, 4/8) Session fee: \$200

**Tranquil Tuesdays: 10-11:15am** 11-week session **Jan. 16 - April 16** (no class 2/20, 3/5, 4/9) Session fee: \$220

**Wednesdays: 6:30-7:45pm** 11-week session **Jan. 17 - April 17** (no class 2/14, 3/6, 4/10) Session fee: \$220

**Missed classes** can be made up at any time during the current session, space permitting. Drop-ins are also available, please contact for more information.

**What to bring:** Please bring a yoga mat - by doing so, you can practice what you learn at home, too! Mats can be purchased at local stores such as Target, Dick's Sporting Goods, and other locations (or online - see link below). If you do not have a mat or forget your mat when coming to class, no worries, you are always welcome to borrow one from the studio. The studio will provide other yoga props as needed.

Yoga mats: Here's a link for a standard yoga mat that would be great for class, and is sold at a very reasonable price. They have some other mats with fun designs that you can check out.

[https://yogaaccessories.com/products/18-classic-yoga-mat-by-yoga-accessories?\\_pos=1&\\_psq=mat&\\_ss=e&\\_v=1.0](https://yogaaccessories.com/products/18-classic-yoga-mat-by-yoga-accessories?_pos=1&_psq=mat&_ss=e&_v=1.0)