

Yoga with Sharon

Winter Session: Jan-Feb 2019 Class Schedule (8 weeks)

(Classes located in the lower level of Family Care Pharmacy)

Monday & Wednesday mornings - 5:30-6:15 am

Morning classes are Hatha style - flowing, stretching, strengthening

Wednesday evening - 7:00 - 8:00 pm

Evening classes are Restorative style - flowing, relaxing, unwinding, calming

Saturday mornings - 8:00 - 9:00 am

Morning classes are Hatha style - flowing, stretching, strengthening

****NEW Athlete Yoga Class Sundays 4:00-5:00 pm**

This class will center around what athletes need - flowing, stretching, strengthening

Open to all athletes but concentrating on running/cycling

Kids Yoga Class Thursdays -4:15-4:45 pm

Kids yoga classes will be exploring yoga poses and breathing (ages: K-5th grade)

****NEW Young Teens Yoga Class Thursdays -3:15-4:00 pm**

**Kids yoga classes will be exploring yoga poses and breathing
(ages: 6th-8th grade)**

Rates for ADULT classes:

Morning classes - \$40 each or \$70 for both days

Sat. morning and Wed. Evening classes- \$45 for 8 weeks (@ class)

Athlete classes - \$45 for 8 weeks

Drop in rate: \$7 for all adult classes (AM and PM)

Rates for KIDS/TEENS classes:

Kids Yoga Class - \$28

Teens Yoga Class - \$32

Drop in rate: \$5 for Kids and Young Teens

How to register

***Sign up at Family Care Pharmacy: Give name, phone number, email & class interested in**

***Visit: www.yogawithsharon.weebly.com (find "Classes" tab)**