



Fountain of Health
Yoga Studio

Schedule of Classes

Current as of April 2019

Please check our schedule online for workshops,
new series and special events • GutYoga.com

Monday

8:30 - 10:00 a.m. Anusara Yoga Level 2 (Heidi)
5:30 - 6:30 p.m. Vinyasa Level 3 (Marcee)
6:45 - 8:00 p.m. Anusara Beginner & Gentle Yoga Level 1 (Marcee)

Tuesday

8:30 - 10:00 a.m. Anusara Beginner & Gentle Yoga Level 1 (Nancy)
5:30 - 7:00 p.m. Anusara Beginner & Gentle Yoga Level 1 (Marcee)

Wednesday

6:15 - 7:15 a.m. Vinyasa Level 3 (Emilie)
8:30 - 10:00 a.m. Anusara Beginner & Gentle Yoga Level 1 (Heidi)
5:30 - 7:00 p.m. Anusara Beginner & Gentle Yoga Level 1 (Anne)

Thursday

8:30 - 10:00 a.m. Anusara Beginner & Gentle Yoga Level 1 (Marcee)
10:15 - 11:15 a.m. Meditation - All Levels (Glenn)
5:30 - 7:00 p.m. Hatha/Tantra Yoga Level 2 (Marcee)
7:15 - 8:30 p.m. Restorative Yoga Level 1 (Marcee)

Friday

8:30 - 10:00 a.m. Anusara Yoga Level 2 (Marcee)

Saturday

7:00 - 8:15 a.m. Vinyasa Level 3 (Teachers Rotate)
8:30 - 10:00 a.m. Anusara Beginner & Gentle Yoga Level 1 (Teachers Rotate)

Sunday

9:00 - 10:30 a.m. Vinyasa Level 3 (Teachers Rotate)

*Please check our online schedule for special events like
Candlelight Vinyasa, Healing Circle and Donation classes for local non-profits.*



653 S. Union Avenue • Pueblo, CO 81004 • (719) 568-0416
yogagypsee@comcast.net • GutYoga.com

In the warm and welcoming purple building across from the public library on Union Ave.



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1 st Class (to local residents).....	Free
Student • *Emergency Services • Military - Drop in.....	\$8
Drop In.....	\$12
20-Class Punch Card.....	\$8.75 per class
10-Class Punch Card.....	\$9.90 per class
Monthly Unlimited.....	\$75
Age 65 & Up • Student • *Emergency Services • Military - Monthly Unlimited.....	\$65

**Emergency services include hospital emergency room workers, EMTs, firefighters and police officers.*

No refunds

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No refunds

CLASS DESCRIPTIONS

For complete detail of each class, please visit the website. GutYoga.com

Level 1

Anusara Beginner & Gentle Yoga

Level 2

Anusara Yoga Experience & Advanced

Level 2

Hatha Tantra Yoga Experienced & Advanced

Level 3

Vinyasa - Strong flowing yoga to music.
This is not a teaching class.

Level 1

Restorative Gentle & Easy Postures & Breath Work
to relieve stress and restore energy.

All Levels
Meditation

**10-class and
20-class punch
cards
are good for
4 months**



**Teaching you can
trust since 1996**

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or seminars that may not be shown on this schedule.

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