



SUN SALUTATIONS Yoga & Wellness Center: Fall-Winter 2019/2020 Class Schedule

"An Eco-Friendly Studio with a People-Friendly Atmosphere."



CLASS DESCRIPTIONS ON BACK

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|
| <p><u>Vinyasa Flow Yoga</u></p> <p>9:30am-11:00am</p> <p>(No class 11/11 or 12/30)</p> | | <p><u>Yoga for Beginners</u></p> <p>9:00am-10:30am</p> <p>(No class 11/13, 12/25, or 1/1)</p> | <p><u>Level I Yoga</u></p> <p>9:00am-10:30am</p> <p>(No class 11/7, 11/28, or 12/26)</p> | <p>Reserved for Personal Fitness/Weight Loss Training, Private Yoga Sessions, Thai Yoga Bodywork, or Private SUP Yoga Off-Site with Nichole K. Tracy, B.S.Ed., RYT, CPT.</p> <p>Call or email the studio to schedule an appointment (other days of the week are also available, depending on Nichole's schedule).</p> <p>PRICE LISTS ON BACK.</p> | <p><u>Stretch & De-stress Yoga</u></p> <p>10:00am-11:30am</p> <p>(No class 11/9, 11/30, 12/28, or 1/11)</p> |
| <p><u>Level I Yoga</u></p> <p>(NOTE: New Class Time)</p> <p>4:00pm-5:30pm</p> <p>(No class 11/11 or 12/30)</p> | | | | | |
| | <p><u>Level II Yoga</u></p> <p>6:00pm-7:30pm</p> <p>(No class 11/12, 12/24, or 12/31)</p> | <p><u>Stretch & De-stress Yoga</u></p> <p>6:30pm-8:00pm</p> <p>(No class 11/27, 12/25, or 1/1)</p> | | | |

Please Note: All class end times are approximate. Classes may run over in time, depending on class size, new students, needed modifications, etc.

ALL CLASSES ABOVE ARE TAUGHT BY SUN SALUTATIONS YOGA & WELLNESS CENTER'S FOUNDER & OWNER, NICHOLE K. TRACY, B.S.Ed., RYT, CPT, UNLESS OTHERWISE SPECIFIED.

- New to the studio? YOUR FIRST YOGA CLASS IS FREE! Try a yoga class at NO CHARGE before you commit to signing up! Call or e-mail the studio to schedule.
- **YOGA CLASS PAYMENT OPTIONS:** All classes at the studio are drop-in only, therefore, you are welcome to attend a class at any time, provided it is taking place (check the website, call, or email for cancellations, holidays, or no class dates). The single drop-in rate is \$15 (discounts DO NOT apply). Yoga Class Passes are available at the following prepaid rates (discounts below DO apply): 6-Class Pass= \$84 (expires after three months*), 10-Class Pass= \$130 (expires after four months*), 15-Class Pass= \$180 (expires after six months*), or the 20-Class Pass= \$240 (expires after eight months*). *Expiration dates can be extended if the student has a medical condition preventing them from attending classes within the allotted timeframe.
- Yoga Class Pass discounts are available to full-time college students with student ID card (10% off), seniors over 60 (20% off), and when multiple family members from the same household purchase individual Class Passes (10% off). (Some restrictions may apply. One discount per purchase.)
- Yoga Class Pass and Drop-in payments are non-refundable and non-transferable. Personal Fitness and Weight Loss Training sessions are non-refundable, however, payments can be transferred for the equal dollar amount toward other services the studio offers (ie. Thai Yoga Bodywork, yoga classes, both private and group).
- The studio accepts cash (change is rarely available, so please bring exact amount needed), checks (a \$35 fee is charged for insufficient funds), and all major credit cards, including Visa, MasterCard, Discover, and American Express. Gift certificates are available for any amount.

YOGA CLASS DESCRIPTIONS

Please bring your own yoga mat to class, all other props are supplied during classes free of charge, including blankets, bolsters, cork blocks, chairs, wedges, straps, and eye pillows. Props are used to modify poses when needed to help students with safe proper alignment or to aid in relaxation. You are welcome to bring your own yoga props, if preferred. Most yoga classes are Iyengar-based.

**** Yoga for Beginners** with Nichole K. Tracy, B.S.Ed., RYT, CPT - A gentle yoga class perfect for seniors, those new to yoga, students with limitations, or those who may be less flexible. This class focuses on calming the mind, basic yoga stretches to increase flexibility, gently strengthening the core to improve posture, improving stability with supported balance postures, and decreasing stress. All levels and abilities are welcome. No yoga experience required.

**** Level I Yoga** with Nichole K. Tracy, B.S.Ed., RYT, CPT - A great introduction to yoga or for those who have taken yoga before. This class will stretch your body while calming the mind, helping you to de-stress, energize and increase flexibility, core strength, and balance. No yoga experience required.

Level II Yoga with Nichole K. Tracy, B.S.Ed., RYT, CPT - This class is designed for motivated beginners or those continuing their practice beyond the basic level. Poses are held longer and students get to explore more challenging postures. This class helps to increase energy, flexibility, balance, core strength, and focus, while calming the mind, and relieving stress. Some yoga experience is recommended, but not required.

Vinyasa Flow with Nichole K. Tracy, B.S.Ed., RYT, CPT - This is a flowing yoga class at a faster pace. Students start off with gentle stretching then lead into a variation of the Sun Salutations sequence. This class helps energize the body and mind, while increasing flexibility, strength, and focus. This class is open to all levels, although some yoga experience is recommended.

**** Stretch & De-stress Yoga** with Nichole K. Tracy, B.S.Ed., RYT, CPT - This is a gentle yoga class combining restorative positions and basic stretching postures to help stretch, de-stress, increase flexibility, reduce tension, quiet the mind, and relieve pain and soreness. All levels and abilities are welcome. No yoga experience required.

PERSONAL FITNESS AND WEIGHT LOSS TRAINING PRICES:

Initial Consultation (average 30-60mins): \$35

Individual Single Session (average 60-90mins): \$65

Individual Prepay Once Weekly (average 60-90mins): 4-weeks = \$55/session (*get 1 free yoga class), 6-weeks = \$50/session (*get 3 free yoga classes), 12-weeks = \$45/session (*get 6 free yoga classes), 24-weeks = \$40/session (*get 10 free yoga classes)

Bring-a-Buddy Prepay Once Weekly (average 60-90mins): See above, taking \$5 off per session each



THAI YOGA BODYWORK PRICES: 60mins = \$65 90mins = \$85 **INDIVIDUAL PRIVATE YOGA LESSONS:** \$65/session (60-90mins)

STAND-UP PADDLE BOARD (SUP) PRIVATE YOGA LESSON (OFF-SITE - see website for details): SINGLE STUDENT = \$85 (90mins) STUDENT PAIR = \$130 (120mins)

****Please Note: Free yoga classes earned by personal training clients can only be used by the participant, they are not transferable to another person. These free yoga classes must be used while student is actively participating in weekly personal training sessions at the studio. Some exceptions may apply.***

Please Note: Teens ages 16 and above are welcome to attend adult classes.

***** Class is suitable for most prenatal and postpartum moms. Please check with your doctor first and notify the teacher.***

ALWAYS PRINTED ON 100% POST-CONSUMER RECYCLED PAPER
WITHOUT CHLORINE BLEACHING. PLEASE RECYCLE AGAIN
OR PASS ON TO A FRIEND.
THANK YOU!