

Gratitude Yoga

and Movement Space, LLC

Class Schedule

Class Passes

*3 Class per month = \$40 per month
5 Class per month = \$65 per month
8 Classes per month = \$75 per month*

Monday:

8:00- 9:00am Moderate Flow Yoga

9:15 – 10:00am Pilates

Punch Card

10 Classes = \$125

Three months to use all classes

Can be shared with people living at same address

Wednesday:

9:00 – 10:15am All Levels Flow
Yoga with Emmie

Senior Punch Card

10 Classes = \$95

Three months to use all classes

65+ to qualify

Drop in single class = \$15 each

Friday:

8:00 – 9:00am Slow Flow Yoga *1st Friday of the month is Yoga + Foam Rolling*

9:15 – 10:15am Slow Flow Yoga

10:30 – 11:10am Chair Yoga

Sunday:

9:15- 10:30am Ageless Yoga with MaryLou