




52 B Wall Street, Huntington, New York 11743 631-385-4664
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FEBRUARY 2012 ONE HOUR CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM 6:45	Yoga III (Iyengar)		Yoga III (Iyengar)		Yoga III (Iyengar)	7:15 Triyoga (Basics)	
8:00	Yoga II (Iyengar)	Yoga I (Iyengar)	Yoga I (Iyengar)	Fusion Fitness	Cardio & Sculpt	8:30 Classic Cardio	8:00 Yoga II (Iyengar)
9:15	Yoga I (Iyengar)	Classic Cardio	Cardio & Sculpt	ZUMBA Fitness	Yoga I (Iyengar)	9:45 Fusion Fitness	9:30 Yoga I (Iyengar)
10:30	Pilates Blend	Vinyasa Yoga	Modern Pilates (Open Level Mat Class)	Vinyasa Yoga	Body Sculpt	11:00 Yoga I (Iyengar)	11 – 12:30 Intro to Yoga Series 12 weeks \$99 Starts Jan 8th
PM 12:30	Specific Needs Yoga Series 6 classes \$90	Pranayama (Iyengar)	Yoga II (Iyengar)	Yoga I (Iyengar)	12:00 Modern Pilates (Open Level Mat Class)		
5:00		Yoga II (Iyengar)		Yoga I (Iyengar)	Iyengar Yoga Basics 		
6:15	Yoga I & Pranayama (Eclectic)	Step n Strength	Body Sculpt	Cardio & Sculpt	Body Sculpt		
7:30	Fusion Fitness	Yoga I-II P. Gilmore \$20 or 10 Class Series payment to teacher	Yoga I (Iyengar)	Yoga I-II (Iyengar)			

CLASS FEES

(No Membership Dues)

\$ 20 per class (Drop-In)

\$35 for 7 days of unlimited classes

\$120 for a Punch Card of 10 classes (3 mo. exp)

ALL FITNESS & YOGA CLASSES

\$120 for 30 days of unlimited classes

\$325 for 90 days of unlimited classes

FITNESS CLASSES ONLY

\$95 for 30 days of unlimited classes

\$260 for 90 days of unlimited classes

*No credit cards. Cash and checks welcomed! NO reservations required.
 Private Session with certified instructor \$60.*