



firehouse yoga schedule of classes MARCH 2010

mondays		
5:15 - 6:00 PM	Vinyasa Flow	Julie/Judy
6:15 - 7:30	Level I	Judy
tuesdays		
6:30 - 7:30 AM	New! Wake Up Yoga	Carol
11:30 - 12:15	New! Lunch Hour Yoga	Tracy
5:15 - 6:00 PM	Awesome Arms	Julie
6:15 - 7:45	Multi Level Class	Roxianne
8:00 - 7:45	Bellydancing with Nasira (5 week series March 2 - 30, \$60 or \$15/class)	Lucy
wednesdays		
9:00 - 10:00 AM	New! Gentle Yoga	Tracy
10:00 - 12:00	Irresistible Exercise and Beginner Isadora for Teens and Adults	Rebecca
5:15 - 6:00 PM	Vinyasa Flow	Roxianne
6:15 - 7:45	Level I	Roxianne
thursdays		
6:30 - 7:30 AM	New! Wake Up Yoga	Melissa
5:30 - 6:30 PM	New! NIA Dance (\$15/class)	Cara
6:45 - 7:45	Multi Level Class	Hilary/Julie
fridays		
9:00 - 10:00 AM	Gentle Yoga	Deniece
4:00 - 4:40 PM	Natures Dance Beginner Isadora for Kids	Rebecca
saturdays		
8 - 9:15 AM	New! Multi Level Spring Awakening Trim and Tone Yoga	Roxianne
9:30 - 11:00	Level I	Roxianne/Hilary
11:15 - 12:15 PM	Hoopdance	Dawn
12:30 - 1:15	Kids Yoga	Jesse
sundays		
10:00 - 11:30 AM	Multi Level Class	Roxianne
4:00 - 5:15 PM	Absolute Beginners Yoga (Current series: Feb. 14, 21, 28 & March 7; Next series: March 14, 21, 28, April 4 Pre-registration required.)	Roxianne

NEW CLASS! Wake Up Yoga
We will begin your day with your mind and body alert, relaxed and ready to face the challenges of the day. This hour will wake up your mind and body without over-stressing the sweat glands. If you care to, please bring along a cup of tea for after practice to enjoy in the studio or on the go!!

March Madness Special!

Refer two new clients to Firehouse for a \$10 or \$15 class and earn a free class for yourself. The more friends you refer, the more classes you earn!!

class prices

- **Single Class** (75 & 90 min.): \$15
- **Single Class** (45 & 60 min.): \$10
- **NIA Dance Class:** \$15 (Month Unlimited: \$5/class)
- **Bellydancing Class:** \$15/class or \$60/session
- **Full-time Student:** \$10
- **5 class card:** \$60 (75 & 90 min. classes)
- **10 class card:** \$110 (75 & 90 min. classes)
- **6 class card:** \$50 (45 & 60 min. classes)

SPECIAL PRICE

- **Month Unlimited:** \$75 (any class on the regular schedule)
- **Month Unlimited Family:** \$125 (any class on the regular schedule)

KIDS YOGA

\$35 (4 classes, 6-week expiration) or \$10/class

Gift certificates in any denomination available.

Please contact the Studio Director with any questions at 515.271.9642 or firehouseyoga@gmail.com