

Most classes are Hybrid: In Studio & Zoom February 2023

Some are NO zoom, some are Zoom ONLY. Most are 60 min, Some 75 min.
 Beginners welcome to all classes. www.heartsongyoga.com for class details
 Pre register at www.heartsongyoga.punchpass.com, but, **Drop-Ins are welcome**

Monday.....		
9:00 am	Ashtanga Flow 75 min.	Amy
10:30 am	All Levels	Sheila
10:30 am	Mindful Tai-Chi Flow Start date TBA	Robert In-Studio Only
5:45 pm	Gentle Yin Yoga	Steve
6:00 pm	Vinyasa Flow	Jeff In-Studio Only
7:15 pm	Gentle/Beginner	Beth
Tuesday.....		
7:00 am	Morning Yoga Flow	Janine Zoom Only
9:00 am	Ashtanga Present Power 75 min.	Sheila
10:30 am	Gentle/Beginner	Joanne
5:45 pm	All Levels	Lauri
6:00 pm	Ashtanga Present Power 75 min.	Lisa In-Studio Only
Wednesday.....		
9:00 am	Ashtanga Primary Series 90 min.	Lisa
9:00 am	All Levels	Jane In-Studio Only
1:30 am	Chair Yoga	Cat In-Studio Only
3:30 pm	Gentle/Beginner	Sheila
5:45 pm	Vinyasa Flow	Sheila
6:00 pm	Gentle/Beginner	Cat In-Studio Only
7:15 pm	Meditation & Very Gentle Yoga	Cat
Thursday.....		
7:00 am	Morning Yoga Flow	Janine Zoom Only
9:00 am	Ashtanga Flow 75 min.	Sheila
10:30 am	Gentle/Beginner	Joanne
5:45 pm	Gentle/Beginner	Sheila
6:00 pm	Vinyasa Flow	Ronnie In-Studio Only
7:15 pm	Yoga Nidra (deep relaxation)	Cat
Friday.....		
9:00 am	Moderate Flow & Restore 75 min.	Kathleen
6:00 pm	TGI Friday Flow	Steve
Saturday.....		
7:30 am	Ashtanga Flow 75 min. New longer class	Hannah
9:00 am	Gentle/Beginner	Cat
9:15 am	Moderate	Jane In-Studio Only
10:30 am	All Levels	Jeff
Sunday.....		
9:00 am	Ashtanga Flow 75 min.	Hannah
10:30 am	Gentle Yin Yoga	Michele
12 pm	Family Yoga (1X a month, 1st Sun.)	Hannah In-Studio Only
6:00 pm	All Levels (1X a month she does Full Moon Yoga)	Beth

Class Rates..... for In-Studio &/or Zoom Livestream

Single Class Pass:	\$18
5 Class Pass:	\$80 (2 mo. expiration)
10 Class Pass:	\$140 (4 mo. expiration)

New Student/Welcome Back Special \$49: Unlimited In-Studio or Zoom, 1 month. (start anytime)
 For students NOT in the PunchPass system and those who have NOT attended since the Pandemic.

1 Month Unlimited Auto Pay:	\$105 (start anytime) (NEW)
1 Month Unlimited	\$120 (start any month unlimited anytime)
3 Month Unlimited	\$345
6 Month Unlimited	\$660
1 Year Unlimited	\$1,300