



willow glen yoga

AUGUST 2017 SCHEDULE

| DAY | TIME | CLASS | INSTRUCTOR |
|------------------|---------------------|-----------------------|------------------|
| MONDAY | 9:00 am – 10:30 am | Vinyasa Flow | Jill Lacher |
| | 6:00 pm – 7:15 pm | Vinyasa Flow | Kent Bond |
| TUESDAY | 9:00 am – 10:30 am | Align & Flow | Kent Bond |
| | 6:00 pm – 7:15 pm | Vinyasa Flow | Amanda Montoro |
| | 7:30 pm – 8:45 pm | Yin Yoga | Jill Lacher |
| WEDNESDAY | 10:45 am – 12:00 pm | Gentle Beginners | Kaye Lathe |
| | 4:30 pm – 5:30 pm | Vinyasa Flow | Teresa Lee |
| | 6:00 pm – 7:15 pm | Flow With Strength | Sherry Keogh |
| THURSDAY | 9:15 am – 10:30 am | Hatha Yoga | Kaye Lathe |
| | 11:00 am – 12:15 pm | Restorative Yoga | Jill Lacher |
| | 6:00 pm – 7:15 pm | Medicine Yoga | Barbara Branaman |
| | 7:30 pm – 8:45 pm | Yin Yoga | Noel Bilodeau |
| FRIDAY | 9:00 am – 10:15 am | Gentle & Somatic Yoga | Kyczy Hawk |
| | 10:30 am – 11:45 am | Stretch & Strengthen | Lori Robbins |
| | 7:00 pm – 9:00 pm | Y12SR Yoga | Kyczy Hawk |
| SATURDAY | 8:00 am – 9:30 am | Strong Flow | Kent Bond |
| | 10:00 am – 11:15 am | Yoga Tune Up | Kent Bond |
| SUNDAY | 8:30 am – 10:00 am | Align & Flow | Kent Bond |
| | 1:30 pm – 2:45 pm | Yin Yoga | Patricia Kent |

LABOR DAY HOURS: Regular schedule Friday 1. Saturday & Sunday am classes only. Closed Monday 4.

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| \$ 1 | Mat and Towel Rental |
| \$ 12 | Students / With valid ID |
| \$ 18 | Drop-in Single Class / Ongoing classes only |
| \$ 75 | 5 Class Package / No expiration period |
| \$ 145 | 10 Class Package / No expiration period |
| \$ 129 | Monthly Unlimited / 6 month commitment |
| \$ 150 | Monthly Unlimited / 1 month at a time |

**GIFT CERTIFICATES AND
PRIVATE INSTRUCTION AVAILABLE
CALL 408 289 9642**

**NEW STUDENTS / ONE TIME ONLY
2ND CLASS FREE!
WITHIN 7 DAYS OF 1ST CLASS**