

## APRIL CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30am 🌀 Morning Flow		7:30-8:30am 🌀 Morning Flow	7:30-8:30am Rise and Fly	7:30-8:30am 🌀 Morning Flow		
9-10:30am Vinyasa Flow	9-10:15am Vinyasa Flow	9-10:30am Mindful Flow	9-10:30am Hatha Practice	9-10:30am Vinyasa Flow	9-10:15am Power Slow Flow	
9:15-10:15am 🌀 Taijiquan & QiGong	9:15-10:15 Yoga Core Fusion	9:15-10:30 Hatha Yoga				
				10-11am 🌀 Donation Chair Yoga		10:30-12pm Flow & Restore
11-12:15pm 🌀 Easy Does It	11-12:30pm 🌀 Yin Yoga	11-12:30pm 🌀 Therapeutic Yoga	11-12:30pm 🌀 Yin Yoga	11-12:15pm 🌀 Easy Does It	11-12:15pm 🌀 Restorative Yoga	
11:15-12:15pm Yoga Barre	11:15-12:30pm 🌀 Easy Does It	11:15-12:15pm Barre/ Pilates	11:15-12:15pm 🌀 QiGong	11:30-12:45pm 🌀 Restorative Yoga		
12:45-1:45pm 🌀 Easy Does It	1-2pm 🌀 Donation Restorative Pre/Post-Natal		1-2:15pm 🌀 Yin Yoga	1:30-2:30pm Baby and Me Yoga		
	5:45-6:45pm Community Acupuncture \$25	5:45-7pm Vinyasa Flow	6-7:15pm 🌀 Donation Restorative Pre/Post-Natal	5:45-6:45pm BYOB Happy Hour Yoga		
6-7:15pm Power Flow	5:45-7pm Vinyasa Flow	6-7:30pm Donation Bhakti Vinyasa & Kirtan	6-7:15pm 🌀 Warm Candle Yin			

Beginner Appropriate or Gentle Classes: 🌀  
Color key: Studio 1 Studio 2 PT Room

### YOGA RATES:

- **Drop In:** \$15 | \$12 students, 55+
- **UNLIMITED MONTH:**
  - Intro Special: \$30 First Month Unlimited Yoga! - St. Johns County Residents Only
  - Unlimited Month (month to month): \$89 | \$79 students, 55+
  - AutoRenew Unlimited Month: \$75 (6 month contract required before cancellation, can pause after 2 months for up to 30 days)
- **Class Packs:** 5 for \$65 (\$13/ class) | 10 for \$120 (\$12/ class) | 20 for \$200 (\$10/ class)
  - 5 and 10 class packs expire in 6 months; 20 class pack expires in 1 year

**SAVE WITH MEMBERSHIPS** (6 month contract required before cancellation, can pause after 2 months for up to 30 days):

- Relax & Renew Membership: \$130 (unlimited yoga + 1 qualifying spa treatment/ month)
- Relax Spa Membership: \$70 (1 qualifying spa treatment/ month)
  - You may upgrade membership spa service at additional cost; additional spa treatments within month are 10% off, 10% off all retail for members, and other discounts.

\*Please come early to yoga classes. We close the door 5 minutes after class start time.

\*We encourage you to sign up in advance for classes. We will hold your spot up until 5 minutes before class starts, after which time your spot will be given to the next in line.

## APRIL WORKSHOPS

Please go to our website – [CityWellnessFL.com](http://CityWellnessFL.com) – for details and to sign up for upcoming workshops!  
Please note: Space is limited for all workshops, so we encourage you to sign up in advance.

### IYENGAR YOGA: BREAKING DOWN AND BUILDING UP with Lisa Waas

- When: SATURDAY, APRIL 1<sup>ST</sup> @ 2:30 – 5:30PM
- Price: \$35 in advance, \$40 at the door

### YOGA BOOT CAMP with Pam Harris

- When: SATURDAY, APRIL 8<sup>TH</sup> @ 1 – 2:30PM
- Price: Donation-based

### SHAKTIFLOW BREATHWORK with Jennifer Hart

- When: SATURDAY, APRIL 8<sup>TH</sup> @ 1 – 2:15PM
- Price: Donation-based

### CRYSTAL SINGING BOWL RESONANCE with Jade Forest

- When: SATURDAY, APRIL 8<sup>TH</sup> @ 3 – 4PM
- Price: Donation-based

### THE INNER PRACTICE: CHAKRAS & THE ENERGY BODY with Jennifer Jacobsen

- When: SUNDAY, APRIL 9<sup>TH</sup> @ 1 – 3PM
- Price: Donation- based

### FULL MOON BEACH YOGA with Caryn Keshner Register

- When: TUESDAY, APRIL 11<sup>TH</sup> @ 7:30 – 8:30PM
- Price: Donation- based

### YOGA NIDRA WITH CHAKRA BALANCING with Caryn Keshner Register

- When: SATURDAY, APRIL 15<sup>TH</sup> @ 7 – 8PM
- Price: Donation- based

### HYPNOSIS: DO YOU WANT TO SHED POUNDS AND LOSE WEIGHT? with Isobel McGrath

- When: SATURDAY, APRIL 29<sup>TH</sup> @ 2 – 4PM
- Price: \$30 in advance, \$35 at the door

### SUNDAY AFTERNOON RESTORE AND RENEW with Pegg Bliss

- When: SUNDAY, APRIL 30<sup>TH</sup> @ 2:30 – 4PM
- Price: Donation- based