

AUGUST CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30am 🌀 Morning Flow	8-9am Donation Yin Beach Yoga (10 th St.)	7:30-8:30am 🌀 Morning Flow	7:30-8:30am Rise and Fly	7:30-8:30am 🌀 Morning Flow		
9-10:30am Vinyasa Flow	9-10:30am Hatha Practice	9-10:30am Mindful Flow	9-10:30am Hatha Practice	9-10:30am Vinyasa Flow	9-10:15am EmPowered Slow Flow	
	9:15-10:15 Yoga Core Fusion	9:15-10:15 Active Easy Does It		10-11am 🌀 Donation Chair Yoga		10:30-12pm Flow & Restore
11-12:15pm 🌀 Easy Does It	11-12:30pm 🌀 Yin Yoga	11-12:15pm 🌀 Active Gentle Yoga	11-12:30pm 🌀 Yin Yoga	11-12:15pm 🌀 Easy Does It	11-12:15pm 🌀 Restorative Yoga	
11:15-12:15pm Yoga Barre	11:15-12:15pm 🌀 Easy Does It					
3:30-4:30pm 🌀 Donation Baby and Me Yoga						
5:45 – 7:15pm Vinyasa Situation	5:45-7pm Vinyasa Flow	5:45-7pm Vinyasa Flow	5:45-7pm 🌀 Rejuvenate Slow Flow			
		6-7pm Donation Pints & Poses (Ancient City Brewing)	6-7:15pm 🌀 Donation Restorative Pre/Post-Natal			7-8pm Donation Sunset Beach Yoga (10 th St.)

Beginner Appropriate or Gentle Classes: 🌀

Color key: Studio 1 Studio 2 10th St. Beach Ancient City Brewing Co.

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

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 classes. We close the door 5 minutes after class start time.

*If you sign up in advance for classes and/ or workshops, 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.

AUGUST WORKSHOPS

Please go to our website – 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.

INTRODUCTION TO THE BHAGAVAD GITA with Jennifer Jacobsen

- **When:** TUESDAY, AUGUST 1ST @ 5:30 – 7PM
- **Price:** Donation-based

HYPNOBIRTHING, BIRTHING WITH CALM CONFIDENCE with Vonda Bartlett

- **When:** SATURDAYS, AUGUST 5TH – SEPTEMBER 2ND @ 4:30 – 7PM
- **Price:** \$300 Birth Mom and Birth Companion

FULL MOON BEACH YOGA with Caryn Keshner Register

- **When:** MONDAY, AUGUST 7TH @ 7:30 – 8:30PM
- **Price:** Donation-based
- **Where:** 10th Street beach entrance

CRYSTAL SINGING BOWL RESONANCE with Jade Forest

- **When:** SATURDAY, AUGUST 12TH @ 3 – 4PM
- **Price:** Donation-based

YO FACE – Facial Yoga Practice with Laura O’Neal

- **When:** SATURDAY, AUGUST 19TH @ 1 – 3PM
- **Price:** \$25

MONTHLY COMMUNITY ACUPUNCTURE with Nancy Bellard, AP

- **When:** WEDNESDAY, AUGUST 30TH @ 5:45 – 6:45PM
- **Price:** \$25

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