

OCTOBER 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	9-10:30am Hatha Practice	9-10:30am Mindful Flow	9-10:30am Hatha Practice	9-10:30am Vinyasa Flow	9-10:15am EmPowered Slow Flow	9-10am Postpartum Group Exercise
	9:15-10:15am Yoga Core Fusion	10-11am 🌀 Donation Chair Yoga & Beyond		10-11am 🌀 Donation Chair Yoga	10-11am Prenatal Group Exercise	10:30-12pm Flow & Restore
11-12:30pm 🌀 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 🌀 Yogalates	11:15-12:15pm 🌀 Easy Does It					
3:30-4:30pm 🌀 Donation Baby and Me Yoga						4-5pm 🌀 Donation Drum Circle (begins 10/8)
5:45-7pm 🌀 Restorative Yoga	5:45-7pm Vinyasa Flow	5:45-7pm Vinyasa Flow	5:45-7pm 🌀 Rejuvenate Slow Flow			
5:45-7:15pm Vinyasa Situation	6:30-7:30pm Donation Sunset Beach Vinyasa w/ Sound Relaxation (10 th St.)	6-7pm Donation Pints & Poses (Ancient City Brewing)	6-7:15pm 🌀 Donation Restorative Pre/Post-Natal			

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.

OCTOBER 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.

THE BHAGAVAD GITA CHAPTER 2: OUR ESSENTIAL NATURE with Jennifer Jacobsen

- **When:** TUESDAY, OCTOBER 3RD @ 5:30 – 7PM
- **Price:** Donation-based (\$15-20 suggested)

WHAT'S IN YOUR BLOOD? with Maureen Kyle

- **When:** SATURDAY, OCTOBER 7TH @ 1 – 3PM
- **Price:** \$10 for workshop OR \$20 for workshop + blood typing

HYPNOBIRTHING: BIRTHING WITH CALM CONFIDENCE with Vonda Bartlett

- **When:** SATURDAYS, OCTOBER 7TH – NOVEMBER 4TH @ 4:30 – 7PM
- **Price:** \$325 for Birth Mom and Birth Companion

CRYSTAL SINGING BOWL RESONANCE with Jade Forest

- **When:** SATURDAY, OCTOBER 14TH @ 3 – 4PM
- **Price:** Donation-based

FITMAMA PRENATAL PT WORKSHOP with Melissa Noeth

- **When:** SATURDAY, OCTOBER 21ST @ 11AM – 1PM
- **Price:** \$100

CRYSTAL COMMUNICATION with Maureen Aruta

- **When:** SATURDAY, OCTOBER 21ST @ 1:30 – 2:30PM
- **Price:** Donation-based

MONTHLY COMMUNITY ACUPUNCTURE with Nancy Bellard, AP

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