

## JANUARY CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30am 🌀 Morning Flow		7:30-8:30am 🌀 Morning Flow (all levels)		7:30-8:30am 🌀 Morning Flow		
9-10:30am Vinyasa Flow	9-10:30am Hatha Practice (all levels)	9-10:30am Mindful Flow (all levels)	9-10:30am Hatha Practice (all levels)	9-10:30am Vinyasa Flow	9-10:15am EmPowered Slow Flow	
		10-11am 🌀 Qi Yoga	9-10:15pm 🌀 Yin Yoga	10-11:15am 🌀 Donation Chair Yoga		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	11:15-12:30pm 🌀 Therapeutic Yoga		12:30-1:15pm 🌀 Lunchtime Yoga		
5:15-6:45pm 🌀 PranaYin Yoga	5:45-7pm Vinyasa Flow	5:45-7pm Vinyasa Flow	5:45-7pm Power Vinyasa			
		6-7pm Donation Pints & Poses (Ancient City Brewing)				

**Beginner Appropriate or Gentle Classes:** 🌀  
**Color key:** Studio 1   Studio 2   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.

## **JANUARY 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.

### **THE BHAGAVAD GITA CHAPTER 3: YOGA THROUGH ACTION**

with Jennifer Jacobsen

- **When:** TUESDAY, JANUARY 2<sup>nd</sup> @ 5:30 – 7PM
- **Price:** Donation-based (\$15-20 suggested)

### **MAP OF THE HEART: WATERING THE SEEDS OF COMPASSION**

with Alexandra Whitney

- **When:** SATURDAY, JANUARY 6<sup>th</sup> @ 1 – 3PM
- **Price:** Donation-based

### **HYPNOSIS: DO YOU WANT TO SHED POUNDS AND LOSE WEIGHT?**

with Isobel McGrath

- **When:** SATURDAY, JANUARY 13<sup>th</sup> @ 2 – 4PM
- **Price:** \$30 in advance, \$35 at the door

### **ENVISIONING THE NEW YEAR WITH MAUREEN “MO” ARUTA**

with Maureen Aruta

- **When:** SATURDAY, JANUARY 20<sup>th</sup> @ 1 – 3PM
- **Price:** Donation-based

### **NEW MOON IN CAPRICORN = BACK TO EARTH, FROM CHAOS TO ORDER**

with Kimberlee Speakman

- **When:** SATURDAY, JANUARY 20<sup>th</sup> @ 4 – 5PM
- **Price:** Donation-based (\$18 suggested)

### **MONTHLY COMMUNITY ACUPUNCTURE**

with Nancy Bellard, AP

- **When:** WEDNESDAY, JANUARY 31<sup>st</sup> @ 5:45 – 6:45PM
- **Price:** \$25