

JULY 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 & 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)	9-10:15am Vinyasa Flow	9-10:15am EmPowered Slow Flow	
			9:30-10:45am 🌀 Restorative Yoga	10-11:15am 🌀 Donation Chair Yoga		10:30-12pm Flow & Restore
11-12:30pm 🌀 Easy Does It	11-12:15pm 🌀 Yin Yoga	11-12:15pm 🌀 Active Gentle Yoga	11-12:15pm 🌀 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				
5:15-6:45pm 🌀 PranaYin Yoga	5:45-7pm Vinyasa Flow	5:45-7pm Vinyasa Flow	5:45-6:45pm 🌀 Gentle Vinyasa			
	7-8pm Donation Sunset Beach Yoga @ 10 th St.	6-7pm \$10 - Pints & Poses @ Ancient City Brewing				

Beginner Appropriate or Gentle Classes: 🌀

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

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.

JULY 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.

HYPNOBIRTHING, BIRTHING WITH CALM CONFIDENCE

with Vonda Bartlett

- **When:** THURSDAYS, JUNE 7th – JULY 5th @ 6 – 8:30PM
- **Price:** \$325 Birth Mom and Birth Companion

THE BHAGAVAD GITA CH. 4: CONTINUED - The Yoga of Knowledge

with Jennifer Jacobsen

- **When:** TUESDAY, JULY 10th @ 5:30 – 7PM
- **Price:** Donation-based (\$15-20 suggested)

CHANNELED WRITING

with "Mo" Aruta

- **When:** SATURDAY, JULY 14th @ 1 – 2PM
- **Price:** Donation-based

CRYSTAL SINGING BOWL RESONANCE

with Jade Forest

- **When:** SATURDAY, JULY 14th @ 3 – 4PM
- **Price:** Donation-based

SKYSTYX – YOGA IN MOTION

with Pegg Bliss

- **When:** SUNDAY, JULY 22nd @ 1:30 – 3:30PM
- **Price:** Donation-based

FULL MOON BEACH YOGA - 10th Street beach entrance

- **When:** FRIDAY, JULY 27th @ 7:30 – 8:30PM
- **Price:** Donation-based