

## SEPTEMBER CLASSES

| Monday                         | Tuesday  | Wednesday                                 | Thursday                                 | Friday                              | Saturday                         | Sunday                        |
|--------------------------------|--|---|--|-------------------------------------|----------------------------------|-------------------------------|
| 7:30-8:30am<br>🌀 Morning Flow  | 7:30-8:30am<br>🌀 Morning Flow                              | 7:30-8:30am<br>🌀 Rise & Flow (all levels) |  | 7:30-8:30am<br>🌀 Morning Flow       |                                  |                               |
| 9-10:30am<br>Vinyasa Flow      | 9-10:30am<br>Hatha Practice (all levels)                   | 9-10:30am<br>Mindful Flow (all levels)    | 9-10:30am<br>Hatha Practice (all levels) | 9-10:15am<br>Vinyasa Flow           | 9-10:15am<br>EmPowered Slow Flow | 9-10:15am<br>🌀 Gentle Vinyasa |
| 9:30-10:30am<br>🌀 Yogalates    |  |   | 9:30-10:45am<br>🌀 Restorative Yoga       | 10-11:15am<br>🌀 Donation Chair Yoga |                                  | 10:30-12pm<br>Flow & Restore  |
| 11-12:30pm<br>🌀 Easy Does It   | 11-12:15pm<br>🌀 Yin Yoga                                   | 11-12:15pm<br>🌀 Active Gentle Yoga        | 11-12:15pm<br>🌀 Yin Yoga                 | 11-12:15pm<br>🌀 Easy Does It        | 11-12:15pm<br>🌀 Restorative Yoga |                               |
|                                | 11:15-12:15pm<br>🌀 Easy Does It                            | 11:15-12:30pm<br>🌀 Therapeutic Yoga       |  |                                     |                                  |                               |
| 5:15-6:45pm<br>🌀 PranaYin Yoga | 5:45-7pm<br>Vinyasa Flow                                   | 5:45-7pm<br>Vinyasa Flow                  | 5:45-6:45pm<br>🌀 Gentle Vinyasa          |                                     |                                  |                               |
|                                | 7-8pm<br>Donation Sunset Beach Yoga @ 10 <sup>th</sup> St. |   |  |                                     |                                  |                               |

Beginner Appropriate or Gentle Classes: 🌀

Color key: Studio 1 Studio 2 10<sup>th</sup> 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.

## SEPTEMBER 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.

### **SPIRITUAL AWAKENING WORKSHOP with Stacey McCann**

- **When:** SATURDAY, SEPTEMBER 1<sup>ST</sup> @ 1 – 4PM
- **Price:** Donation Based

### **THE BHAGAVAD GITA CH. 4: CONT - The Yoga of Knowledge with Jennifer Jacobsen**

- **When:** TUESDAY, SEPTEMBER 4<sup>th</sup> @ 5:30 – 7PM
- **Price:** Donation-based (\$15-20 suggested)

### **HYPNOBIRTHING, BIRTHING WITH CALM CONFIDENCE with Vonda Bartlett**

- **When:** THURSDAYS, SEPTEMBER 6<sup>th</sup> – OCTOBER 5<sup>th</sup> @ 6 – 8:30PM
- **Price:** \$325 Birth Mom and Birth Companion

### **GROUNDING WORKSHOP with "Mo" Aruta**

- **When:** SATURDAY, SEPTEMBER 8<sup>th</sup> @ 1 – 2PM
- **Price:** Donation-based

### **CRYSTAL SINGING BOWL RESONANCE with Jade Forest**

- **When:** SATURDAY, SEPTEMBER 8<sup>th</sup> @ 3 – 4PM
- **Price:** Donation-based

### **BEST STRETCHES FOR BACK AND SCIATIC PAIN RELIEF with Jennifer Baringer**

- **When:** SATURDAY, SEPTEMBER 15<sup>th</sup> @ 12:45 – 1:45PM
- **Price:** Donation-based

### **EASE OUT OF SUMMER: COOL DOWN & RESTORE with Wendy Putterman**

- **When:** SATURDAY, SEPTEMBER 15<sup>th</sup> @ 2 – 4PM
- **Price:** Donation-based

### **SKYSTYX – YOGA IN MOTION with Pegg Bliss**

- **When:** SUNDAY, SEPTEMBER 16<sup>th</sup> @ 1:30 – 3:30PM
- **Price:** Donation-based

### **FULL MOON BEACH YOGA - 10<sup>th</sup> Street beach entrance**

- **When:** MONDAY, SEPTEMBER 24<sup>th</sup> @ 7:30 – 8:30PM
- **Price:** Donation-based

### **MONTHLY COMMUNITY ACUPUNCTURE with Nancy Bellard**

- **When:** THURSDAY, SEPTEMBER 27<sup>th</sup> @ 5:15 – 6:15PM
- **Price:** \$25 (3 PERSON MINIMUM, PLEASE SIGN UP IN ADVANCE)

### **2 HOURS OF RELAXATION – YIN YOGA with Ann Davis**

- **When:** SATURDAY, SEPTEMBER 29<sup>th</sup> @ 1 – 3PM
- **Price:** Donation-based