

The Yoga Room– Home of Yoga for every Body

Yoga Room Schedule of Classes

SCHEDULE below good thru June 29

THE YOGA ROOM

418 N. MAIN ST, CROWN POINT, IN 226-1000

DAY	CLASS	TIME	STAFF
MONDAYS	Pilates	7:00-7:45am	Jennifer
	Yoga III	9:00- 10:15am	Mike
	Gentle Yoga	10:30-11:45am	Mike
	Flow	6:00- 7:10pm	Amanda
	Prenatal Yoga	6:00-7:00pm	Mike/Jen @Ye Olde Yoga Barn
	Meditation	7:15-8:15pm	Mike/Jen @Ye Olde Yoga Barn
	Yoga I/II	7:20- 8:35pm	Amanda
TUESDAYS	Yoga I/II	9:00- 10:15am	Mike
	Slow Flow	5:00– 5:50pm	Erika
	Yoga I/II	6:00- 7:15pm	Mike
WEDNESDAYS	Flow	9:00- 10:10am	Ebonie
	Chair Yoga	10:30-11:45am	Amanda
	Yoga III	5:45-6:45pm	Jenny
	Yin Yoga	7:00- 8:25pm	Jenny
THURSDAYS	Yoga III	9:00– 10:15am	Mike
	Yoga I/II	10:30– 11:45am	Jennifer
	Kids Yoga	5:00-5:45pm	Jennifer
	Power Yoga	6:00- 7:10pm	Amanda
	Yoga I/II	7:20- 8:35pm	Amanda
FRIDAYS	Hot Yoga	9:00- 10:10am	Mike
SATURDAYS	Yoga I/II	8:45-10:00am	Amanda
	Pilates	10:15-11:15am	Amanda
2nd Sat	Fluffy Yoga	11:30-12:45	Jill
2nd & 4th Sat	Yoga 4 Cancer	1:30-2:45pm	Vanesa

Series Starting Dates:

April 29, June 3, July 1, Aug 5
Class schedule subject to change. Drop-in fees: \$15/class; 5 Class Punch Card Pass = \$66.00 (Good for 3 months)

Yoga For Kids Pricing: \$42/month or \$12 drop in

BEST DEAL: \$265 = 3 month unlimited classes*

(*Restrictions apply)

Family/Couples Special:
Buy one membership get another membership 1/2 off!

Call 226-1000 to sign up