



Body & Soul

YOGA + FITNESS SUMMER SCHEDULE

WWW.RELAXLIVWELL.COM | (563) 556-9642

MONDAY

- TBC with Carol
8-8:45 Live + Zoom
- YOGA with Karen
9-10 Zoom

TUESDAY

- Yin YOGA with Julia
9-10 Zoom
- YOGA with Katie
5-6 pm Live + Zoom

WEDNESDAY

- TBC with Carol
8-8:45 Zoom
- YOGA with Kate
9-10 Zoom

THURSDAY

- Gentle YOGA with Julia
9-10 Zoom
- YOGA with Mary
5-6 pm Live

FRIDAY

- TBC with Carol
8-8:45 Zoom
- YOGA with Karen
9-10 Zoom

SATURDAY

- Yin YOGA with Tina
7:30-8:30 Zoom
- YOGA with Julia
9-10 Live + Zoom
- VINIYOGA with Jai Ram
10:15-11:15 Live

SUNDAY

- YOGA with Michele
9-10 Live

PAYMENTS

- FIRST WEEK FREE for area residents
- \$67 MONTHLY unlimited auto pay
- \$72 MONTHLY unlimited regular pay
- \$13.50 DROP IN
- \$110 10 Class Punch Card
- \$200 20 Class Punch Card

DISCOUNTS

10% discount for full time college students, veterans, seniors, and co-habiting couples.
Visit relaxlivewell.com to register for classes and to purchase memberships.