



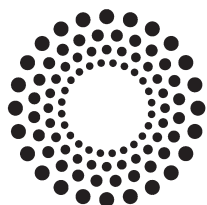
YOGA & FITNESS SCHEDULE

| | ZOOM | IN-PERSON - MAX 7 |
|------|--|-------------------|
| mon | 8:00-8:45 TBC (TOTAL BODY CONDITIONING) Carol 9:00-10:00 YOGA Karen | TBC Carol |
| tues | 9:00-10:15 YIN YOGA Susan 5:00-6:00 YOGA Katie/Michelle | |
| wed | 8:00-8:45 TBC (TOTAL BODY CONDITIONING) Carol/Candace 9:00-10:00 YOGA Karen | TBC Carol/Candace |
| thur | 9:00-10:15 YIN YOGA Susan 5:00-6:00 YOGA Katie/Michelle | |
| fri | 8:00-8:45 TBC (TOTAL BODY CONDITIONING) Candace 9:00-10:00 YOGA Karen | TBC Candace |
| sat | 9:00-10:00 YOGA Katie | |

10% DISCOUNT
for full time college students, veterans, seniors, and co-habiting couples.

\$67 MONTHLY UNLIMITED CLASSES (Auto Pay)
If you practice 1-2 times per week, this membership is your best value:
2 x week = \$8.13/class 3 x week = \$5.42/class 4 x week = \$4.06/class

\$72 MONTHLY UNLIMITED CLASSES (Regular Payment)
\$13.50 DROP IN
\$110 TEN CLASS PUNCH CARD
\$200 TWENTY CLASS PUNCH CARD



Body & Soul

Visit **relaxlivewell.com** to register for classes online and to purchase memberships.



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SALON, WELLNESS CENTER AND SPA
2728 Asbury Rd. - Fountain Park
(563) 556-9642

"Be with
those who help
your being."
- Rumi