

MON	TUE	WED	THU	FRI	SAT	SUN
MOMMY AND BABY YOGA 11:00 - 12:00pm Genevieve (call to sign up)	YOGA in Astoria Park 10:45 - 12:00pm (call for directions)	YOGA in Astoria Park 10:45 - 12:00pm (call for directions)	YOGA in Astoria Park 10:45 - 12:00pm (call for directions)	MOMY AND BABY BELLYDANCE 10:45 - 11:45am Zahra (call to sign up)	All Levels YOGA 11:15 - 12:30pm Charlene YOGA in Astoria Park 12:45 - 2:00pm (call for directions)	ZUMBA 10:00- 11:00am (call to sign up) Emily 2hrs YOGA PRACTICE 11:30 - 1:30pm Lalita
	YOGA in Astoria Park 12:15 - 1:30pm (call for directions)	YOGA in Astoria Park 12:15 - 1:30pm (call for directions)	ALL LEVELS BELLYDANCE 12:00 - 1:00pm Marjorie		SALSA FITNESS 2:00 - 3:00pm (call to sign up) Chilares	INTRO TO YOGA 10:15 - 11:15am MAT PILATES 1:35 - 2:35pm Jackie
	YOGA FOR KIDS (age 5 and up) 5:15 - 6:15pm call to sign up		All Levels YOGA 1:30 - 3:00pm Ana		Beginner's BELLYDANCE 2:00 - 3:00pm Chilares	
MAT PILATES 6:15 - 7:15pm Jackie	INTRO TO YOGA 6:25 - 7:25pm Diana	INTRO TO YOGA 5:45- 6:45pm Diana	INTRO TO BELLYDANCE 5:45 - 6:45pm Marjorie	KID's BELLYDANCE (5 - 8 yrs.old) 5:30 - 6:30pm Franchy (call to sign up)	NEW TO YOGA (on-going series) 3:45- 5:15pm (slow-paced, strength & flexibility-building class for those who have never taken yoga before & those wanting to revisit the basics)	PRENATAL YOGA 3:45- 5:00pm Kasey
Beginner's BELLYDANCE 7:30 - 8:30pm Lalita	2hrs YOGA PRACTICE 7:30 - 9:30pm Lalita	All Levels BELLYDANCE 7:00 - 8:25pm Lalita	All Levels YOGA 7:00- 8:15pm Klee	INTRO TO YOGA DANCE (call to sign up) 7:00- 8:15pm (fun vinyasa class, combining yoga poses, ujayii breath and simple dance movements)		All Levels YOGA 5:10 - 6:25pm Kasey
BELLYDANCE Choreography (Veils, Zills and Choreography) 8:30 - 9:30pm Lalita		ZUMBA Latin Dance Fitness 8:35- 9:35pm Lisa	ZUMBA Latin Dance Fitness 8:30 - 9:30pm Lisa			Gentle/ Restorative YOGA 6:30 - 7:45pm Kasey

New: **2 HRS YOGA PRACTICE** - A mixed-level class for experienced and new yogis looking to take their practice to the next level. This class covers the essence of Yoga: the dynamic application of body locks(yogic bandhas) and Ujayii breath in a slow-paced, yet vigorous asana sequence, incorporating inversions. We'll also explore Pranayama (Ujayii breath exercises), Meditation and chanting. Modified poses/yoga props will be used for less experienced yogis and people w/injuries.

RATES:

Single Class: 75min Yoga class/1hr Dance class - \$14 2hr Yoga - \$18(15\$ on 10-class card),
 1Hr Yoga/1Hr Zumba Class/Meditation - \$12

Class Cards: 4 classes - \$48 (valid for 2 months), 10 class card - \$105 (valid for 3 months)

3 Yoga Classes(for New Students) - \$25!

Monthly Yoga/Pilates Membership - \$80

Monthly Unlimited Yoga/Pilates Summer Special - \$59! and \$100 for 2months

MASSAGE THERAPY: (Swedish/Deep Tissue) - \$65/hour Ayurvedic Massage - \$100/90min.