

Fall Yoga Sessions with Terri Cotts

Sept. 25 – Oct. 27 session 1 (5- week session)

Break Oct. 30 – Nov. 3

Nov. 6- Dec. 22 session 2 (7- week session)

Gentle Yoga

Monday: 10:30 – 11:30 a.m.

Wednesday: 8:30 – 9:30 a.m.

Friday 10:30 -11:30 a.m.

One class per week - **5-week session-** \$50.00

Two classes per week - **5- week session** \$95.00

Three classes per week - **5-week session** \$138.00

Drop-in \$11.00

One class per week - **7-week session-** \$70.00

Two classes per week - **7- week session** \$133.00

Three classes per week – **7-week session** \$193.00

Drop-in \$11.00

Hatha Yoga (all levels)

Monday: 9:00 – 10:15 a.m.

One class per week – **5- week session** - \$60.00

One class per week – **7 week session** \$82.00

Drop-in \$13.00

Join any time, even mid-session. If you know you will miss part of the session, we will pro-rate the fee in advance. Classes cannot be carried over. They expire the last day of each session. All classes at Many Waters Wellness Center.

