



276-210-3577 – www.wellness-pursuits.com

December – Yoga & Fitness Calendar

Fees: \$10-adults, \$5-students (11-18) and newcomers
6-class pass \$55, 10-class pass \$90, 20-class pass \$160

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	29	30	1
	<u>4pm Yoga Basics</u> 6:15pm Yoga Flow w/Sarah	<u>8:30 am EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	Saturday Sampler Try a new style or a new teacher. <i>Learn how mindful movement and breath can support your health and wellbeing</i>
2	3	4	5	6	7	
	<u>4pm Yoga Basics</u> 6:15pm Yoga Flow w/Sarah	<u>8:30 am EASY FLOW</u>		No Classes	9am @ Carroll Wellness GENTLE YOGA w/Josie	All classes suitable for beginners. ↓↓
9	10	11	12	13	14	15
-	<u>4pm Yoga Basics</u> 6:15pm Yoga Flow w/Sarah	<u>8:30 am EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	Gentle Mindful Flow w/Erica 9am
16	17	18	19	20	21	22
	<u>4pm Yoga Basics</u> 6:15pm Yoga Flow w/Sarah	<u>8:30 am EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	Embrace the Grace Warm Flow w/Josie 9am
23	24	25	26	27	28	29
	<u>NO CLASSES</u>			11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	Nourish You ~ Gentle Restorative Movement w/Yvette 9am
30	31	1	2	3	4	
	<u>4pm Yoga Basics</u> NO 6:15pm Yoga	Happy New Year!				