



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

January 2019 – Yoga ~ Fitness Classes & Events

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
		1	2	3	4	5
	<u>4pm Yoga Basics</u>	Happy New Year! 10AM Manifesting Your Intentions A Yoga Class		11am Gentle Movement @ Hillsville Presbyterian <u>4pm Yoga Basics</u>	9am @ Carroll Wellness GENTLE YOGA	Josie Adams will be offering a warm yoga class: <i>Embrace the Grace</i> 9am PLEASE RSVP
6	7	8	9	10	11	12
	<u>4pm Yoga Basics</u> 6:15pm Yoga Flow	8:30 am EASY FLOW		11am Gentle Movement @ Hillsville Presbyterian <u>4pm Yoga Basics</u>	9am @ Carroll Wellness GENTLE YOGA	
13	14	15	16	17	18	19
-	<u>4pm Yoga Basics</u> 6:15pm Yoga Flow	8:30 am EASY FLOW		11am Gentle Movement @ Hillsville Presbyterian <u>4pm Yoga Basics</u>	9am @ Carroll Wellness GENTLE YOGA	Josie Adams will be offering a warm yoga class: <i>Motivational Recharge</i> 9am Please RSVP
20	21	22	23	24	25	26
	<u>4pm Yoga Basics</u> 6:15pm Yoga Flow	8:30 am EASY FLOW		11am Gentle Movement @ Hillsville Presbyterian <u>4pm Yoga Basics</u>	9am @ Carroll Wellness GENTLE YOGA	
27	28	29	30	31		
	No 4pm yoga 6:15pm Yoga Flow	8:30 am EASY FLOW Josie		11am Gentle Movement @ Hillsville Presbyterian Mandy <u>4pm Yoga Basics</u> Sarah		