



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

February 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
				January 28-31	1	2
	<u>No Yoga</u>	8:30 am EASY FLOW Josie		11am Gentle Movement @ Hillsville Presbyterian Mandy 4pm Yoga Basics Sarah	9am @ Carroll Wellness GENTLE YOGA Josie	
3	4	5	6	7	8	9
	4pm Yoga Basics Erica	8:30 am EASY FLOW Erica		11am Gentle Movement @ Hillsville Presbyterian Mandy 4pm Yoga Basics Erica	9am @ Carroll Wellness GENTLE YOGA Josie	
10	11	12	13	Valentine's Day ♥ 14	15	16
-	4pm Yoga Basics Erica	8:30 am EASY FLOW		11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	
17	18	19	20	21	22	23
	4pm Yoga Basics	8:30 am EASY FLOW		11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	
24	25	26	27	28		
	4pm Yoga Basics	8:30 am EASY FLOW		11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics		