



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

April – 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	6
		8:30 am <u>EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	
7	8	9	10	11	12	13
InSpire Mindfulness Club meeting 3pm All are welcomed	4pm Yoga Basics	8:30 am <u>EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	9am Flow w/Josie 7 th chakra Sahasrara - Crown
14	15	16	17	18	19	20
	No Yoga	8:30 am <u>EASY FLOW</u> wJosie		4pm Yoga Basics Erica	9am @ Carroll Wellness GENTLE YOGA Josie	
21	22	23	24	25	26	27
	4pm Yoga Basics	8:30 am <u>EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	
28	29	30				
	4pm Yoga Basics	8:30 am <u>EASY FLOW</u>				