



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

August – 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
			NO YOGA	NO YOGA	GENTLE YOGA 9am @ Carroll Wellness	
4	5	6	7	8	9	10
	4pm Yoga Basics	8:30 am EASY FLOW Yoga	4pm Intermediate Yoga Flow w/Erica	4pm Yoga Basics	GENTLE YOGA 9am @ Carroll Wellness ERICA	
11	12	13	14	15	16	17
-	4pm Yoga Basics ERICA	8:30 am EASY FLOW Yoga Erica	4pm Intermediate Yoga Flow w/Erica	4pm Yoga Basics ERICA	GENTLE YOGA 9am @ Carroll Wellness ERICA	
18	19	20	21	22	23	24
	NO YOGA	8:30 am EASY FLOW Yoga	4pm Intermediate Yoga Flow w/Erica	4pm Yoga Basics	GENTLE YOGA 9am @ Carroll Wellness ERICA	
25	26	27	28	Floyd Yoga Jam 29	Floyd Yoga Jam 30	Floyd Yoga Jam 31
	4pm Yoga Basics	8:30 am EASY FLOW Yoga	4pm Intermediate Yoga Flow w/Erica	4pm Yoga Basics	NO YOGA	