



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

June – 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
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2	3	4	5	6	7	8
	4pm Yoga Basics	8:30 am <u>EASY FLOW Yoga</u> 4pm <u>Mindfulness Club</u>	4pm Intermediate Yoga Flow w/Erica	No Class at HPC 4pm Yoga Basics	No Class at CWC	
9	10	11	12	13	14	15
-	4pm Yoga Basics	8:30 am <u>EASY FLOW Yoga</u>	4pm Intermediate Yoga Flow w/Yvette	11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness <u>GENTLE YOGA</u>	
16	17	18	19	20	21	22
	4pm Yoga Basics	8:30 am <u>EASY FLOW Yoga</u> w/Erica 4pm <u>Mindfulness Club</u>	4pm Intermediate Yoga Flow w/Erica	11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness <u>GENTLE YOGA</u> Retreat & Connect Magic Tree Sanctuary	Retreat & Connect Magic Tree Sanctuary
23	24	25	26	27	28	29
	4pm Yoga Basics	8:30 am <u>EASY FLOW Yoga</u>	4pm Intermediate Yoga Flow w/Erica	11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness <u>GENTLE YOGA</u>	
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