



276-210-3577 - [www.wellness-pursuits.com](http://www.wellness-pursuits.com)

## March – 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
		8:30 am <u>EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian  4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	9am Restorative Resonance w/Josie A restorative class
3	4	5	6	7	8	9
	<u>4pm Yoga Basics</u> Erica	8:30 am <u>EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian  4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA Josie	
10	11	12	13	14	15	16
	<u>4pm Yoga Basics</u>	8:30 am <u>EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian  4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	9am Flow w/Josie
17	18	19	20	21	22	23
	<u>4pm Yoga Basics</u>	8:30 am <u>EASY FLOW</u> Erica	5:30 – 7:30pm Vernal Equinox Celebration TBA	11am Gentle Movement @ Hillsville Presbyterian  4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	
24/31	25	26	27	28	29	30
	<u>4pm Yoga Basics</u>	8:30 am <u>EASY FLOW</u>		11am Gentle Movement @ Hillsville Presbyterian  4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	