



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

May – 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
			4pm Intermediate Yoga Flow w/Erica	11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	
Cinco De Mayo 5	6	7	8	9	10	11
	4pm Yoga Basics	8:30 am EASY FLOW Yoga	1pm Mindfulness Club 4pm Intermediate Yoga Flow w/Erica	11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA Josie	
Mother's Day 12	13	14	15	16	17	18
-	4pm Yoga Basics	8:30 am EASY FLOW Yoga	4pm Intermediate Yoga Flow w/Yvette	11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	
19	20	21	22	23	24	25
	4pm Yoga Basics	8:30 am EASY FLOW Yoga	4pm Intermediate Yoga Flow w/Erica	11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics	9am @ Carroll Wellness GENTLE YOGA	
26	Memorial Day 27	29	30	31		
	NO YOGA	8:30 am EASY FLOW Yoga	4pm Intermediate Yoga Flow w/Erica	11am Gentle Movement @ Hillsville Presbyterian 4pm Yoga Basics		