



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

September – Yoga Classes

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