

Gold Beach Wellness Center

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Yoga 7:00 - 8:00 AM <i>Vanessa</i> <i>All Levels</i>		Early Bird Yoga 7:00 - 8:00 AM <i>Vanessa</i> <i>All Levels</i>		
	Balancing Yoga 10:00 - 11:00 AM <i>Vanessa</i> <i>Level 2-3</i>	Beginners' Yoga 10:00 - 11:00 AM <i>Vanessa</i> <i>Level 1</i>	Beginners' Yoga 10:00 - 11:00 AM <i>Vanessa</i> <i>Level 1</i>	Balancing Yoga 10:00 - 11:00 AM <i>Vanessa</i> <i>Level 2-3</i>	Enthusiasts' Yoga 10:00 AM - 12:00 PM <i>Vanessa</i> <i>Level 3-4</i>
Qigong 11:30 - 12:30 PM <i>Bozena</i> <i>All Levels</i>	Chair Yoga 2:00 - 3:00 PM <i>Olivia</i> <i>All Levels</i>		Chair Yoga 2:00 - 3:00 PM <i>Olivia</i> <i>All Levels</i>	Qigong 11:30 - 12:30 PM <i>Bozena</i> <i>All Levels</i>	
	Belly Dance 5:30 - 6:30 PM <i>Vanessa</i> <i>All Levels</i>		Belly Dance 5:30 - 6:30 PM <i>Vanessa</i> <i>All Levels</i>		

Class Rates:

10% Senior Discount available for Qigong and Chair Yoga

Class Packs: 6 class hours - \$60	12 class hours - \$120	20 class hours - \$200
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Drop-in: First class is Free or \$10 (your choice) then \$15/class

Please visit our website for all the details:

GoldBeachWellnessCenter.com