

CLASS SCHEDULE

Classes led by  
Get Up Inspired with Shauna

**5:15AM & 6:15AM**  
**MON, WED, FRI**

Classes led by  
Terri Needham

**MON 8:45AM**  
**WED & FRI 8:15AM**

**5:30 PM**  
**MON, TUES, THUR**

**Downtown  
Clayton**

**105 N Church St.**

**Clayton, NC 27520**

at True North Yoga and  
Ayurveda



# First Class Info

## **How to get started:**

Send us a direct message on Facebook, text 919-271-3611, or email [contact@getupinspired.com](mailto:contact@getupinspired.com) to let us know which class time and day you are interested in.

## **1st class with Shauna:**

Your 1st workout is FREE! You will need to complete Waiver & Forms before taking your 1st class. At the top of website click on the Waiver & Forms button for Waiver & Forms.

## **1st class with Terri:**

Your 1st workout is FREE! To complete Waiver & Forms arrive about 15 minutes before class time at True North Yoga and Ayurveda.

## **What else should I do prior to 1st class:**

Arrive about 5 minutes before class time for class to start on time. Arrive hydrated and with clean bottom shoes (not worn outside). You may want to bring a bottle of water and a hand towel. Also watch your head coming upstairs at entrance (low ceiling).

**[www.facebook.com/ShaugaandTerri](https://www.facebook.com/ShaugaandTerri)**