

SELAH YOGA

A REFLECTIVE PAUSE

YOGA FITNESS DANCE

May Class Schedule

www.yogapasschristian.com

MONDAYS

- 9:00am-10:00am *Pilates Mat* (All Levels/Active)
- 5:15pm-6:15pm *Joyful Flow* (All Levels/Active)
- 6:30pm-7:45pm *Candlelight Gentle & Restorative* (All Levels)

TUESDAYS

- 10:30am-11:30am *Good Morning Flow* (All Levels)
- 5:30pm-6:30pm *Selah Faith Yoga** (All Levels)

WEDNESDAYS

- 5:15pm-6:15pm *Basic Strength & Stability Yoga* (All Levels/Active)
- 6:30pm-7:30pm *Gentle Flow* (All Levels)

THURSDAYS

- 12:30pm-1:30pm *Gentle Chair Yoga* (All Levels)
 - 5:00pm-6:00pm *Restorative Yoga for Stress Relief* (Relaxation)
 - 6:15pm-7:30pm *Selah Basics** (All Levels/Beginner)
- *Pre-registration Required

FRIDAYS

- 9:00am-10:00am *Pilates Mat* (All Levels/Active)
- 12:30pm-1:45pm *Soothing Yin Yoga* (All Levels)

SATURDAYS

- 9:30am-10:45am *Mindful Flow* (All Levels/Active)
 - 11:00am-12:15pm *Selah Basics Review** (All Levels/Beginner)
- *Drop-ins Allowed

SUNDAYS - CLOSED



For special events, updates and cancellations, follow us on Facebook and Instagram.

PLEASE NOTE: Doors are locked 5 minutes after each listed class time. This is for the safety of the studio staff and clients; so please make sure to arrive 5-10 minutes prior to each class. If you do come in late, please enter the class but be very quiet and mindful of other class participants. Thank you :)

SELAH BASICS

Starts May 2nd!
6:15pm-7:30pm

6-week course designed for beginners.
Pre-Registration required.
Limited Spots!

SELAH FAITH

Tuesdays
5:30pm-6:30pm

Christian based yoga class.
Includes active and restorative yoga.

CHAIR YOGA

Thursdays
12:30pm-1:30pm

Designed for injured and seniors.

FLEXIBLE MEMBERSHIPS

Choose a level that fits your time & budget!
Inquire Today!

Discounts for Seniors, Military, Teachers & First Responders.

Inquire About Private Individual and Group Classes