

SELAH YOGA

A REFLECTIVE PAUSE

YOGA FITNESS DANCE

June Class Schedule

www.yogapasschristian.com

MONDAYS

- 9:00am-10:00am *Pilates Mat* (All Levels/Active)
12:30pm-1:30pm *Subtle Body Flow* (All Levels/Active) **NEW**
6:30pm-7:45pm *Candlelight Gentle & Restorative* (All Levels)

TUESDAYS

- 9:30am-10:30am *Good Morning Flow* (All Levels)
5:45pm-6:45pm *Joyful Flow* (Mixed Levels/Active)
7:00pm-7:30pm *Mindfulness Meditation* (All Levels/Meditation) **NEW**

WEDNESDAYS

- 9:00am-10:15am *Yoga for Energy & Focus* (All Levels/Active) **NEW**
5:15pm-6:15pm *Warrior Asanas* (All Levels/Active)
6:30pm-7:45pm *Next Steps Course** (Mixed Levels/Active) **NEW**
*Pre-registration Required

THURSDAYS

- 12:30pm-1:30pm *Gentle Chair Yoga* (All Levels)
5:00pm-6:00pm *Restorative Yoga for Deep Relaxation* (All Levels)
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* (Mixed 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 open 15 minutes prior to class time. We lock the doors after class time starts for client safety. Please do not arrive more than 10 minutes late and enter quietly.

SELAH BASICS

Starts June 13th!
6:15pm-7:30pm

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

STUDENT SPECIAL

\$45/month
Unlimited Classes

For ages 16-24 years old.

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