

# Gratitude Yoga

and Movement Space, LLC

## February 2019 Class Schedule

### Monday:

9:10 – 9:50am Chair Yoga

5:30 -6:20pm Evening Flow Yoga

### Tuesday:

8:00 – 9:00am Slow Flow Yoga

5:45-6:15pm Guided Meditation

6:30 – 7:45pm Yin Yoga

### Wednesday:

9:00 – 9:45am Pilates – Intermediate

### Thursday:

8:00 – 9:00am Breath, Flow and Release Yoga

5:30 – 6:20pm Evening Flow Yoga

### Friday:

8:00 – 9:00am Slow Flow Yoga

9:10 – 9:50am Chair Yoga

### Saturday:

8:30 – 9:00am Pilates – Beginner

9:15 – 10:00am Pilates – Intermediate

### Sunday:

6:30 – 7:45pm Yin Yoga with Julie Ann

**Studio Closed**

**Sunday 2/10/19**

**No Yin Yoga**

**NEW Student Special:**

**\$20 for 20**

20 consecutive days of unlimited Yoga  
and Pilates classes for \$20

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Looking to add Strength Training into your  
weekly workouts?

Talk to Bridget about Training options in  
Small Groups of 2-7people