



FALL 2009 SCHEDULE (September – December)

**Yoga Everyday
for Everybody**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|--|
| 8:30-9:45 <u>a.m.</u> Community Yoga (\$5 Donation) Alternating | 8:30-9:45 <u>a.m.</u> Peace & Quiet Sara | 4:00-4:45 p.m. Karma Kids Sara/Kristen | 4:30-5:15 p.m. MyOM Kristen*Starts Oct.7 | 5:00-6:15 p.m. Reserved for Group Sessions | 4:30-5:30 p.m. Yogata Try It! Alternating | 8:30-9:45 <u>a.m.</u> Soul Flow Radio Sara |
| | 5:00-6:15 p.m. Peace & Quiet Sharon | 5:00-6:00 p.m. Yin Yoga Michael | 6:00-7:15 p.m. Present Power Michael | 7:00-8:15 p.m. Peace & Quiet Sara | | 10:00-11:15 <u>a.m.</u> Peace & Quiet Kristen |
| | 6:30 p.m. Present Power Alicja | 6:15-7:15 p.m. YogiMama Sara | 7:30-8:45 p.m. Peace & Quiet Lori *Starts Oct.7 | | | |
| | | 7:30-8:45 p.m. Reserved for Group Sessions | *Highlighted Classes are Session Classes in which Pre-Registration is Required. Those with Class Passes must also Pre-Register for these classes. | | | |

112 Main Street, Studio #9, Putnam, CT – www.OutsideOutWellness.com – info@insideoutwellness.com – 860.428.2341

Monthly Packages (*Discounts with 4 Month Purchase)

- 5 Class Pass - \$60 (\$12/class)
- 10 Class Pass - \$100 (\$10/class)
- 15 Class Pass - \$120 (\$8/class)
- Student 10 Class Pass - \$80 (\$8/class)
- Family Pass – Buy 1 Get 1 ½ Off
- Kids Yoga - \$32 (\$8/class)
- Day Pass**
- 1 Class - \$15
- Community Yoga - \$5

Class Descriptions

- Peace & Quiet:* Gentle Yoga (Beginners)
- Yin Yoga:* Holding Postures (Joint-Openers)
- Present Power:* Power Yoga (Strength)
- Soul Flow:* Vinyasa Yoga (Cardio)
- YogiMama:* PreNatal Yoga
- Karma Kids:* Kids Yoga
- My OM:* Pre-Teen Yoga
- Yogata Try It:* Variety of Fitness

No Classes Labor Day

September Workshops

- Thai Massage – Sept. 9th-13th
\$450 for 5 days or \$90 per day
www.RolfBodyWorks.org
- Yogata Try It!**
- Sept. 4th: Hatha Yoga
- Sept. 11th: Yogalates
- Sept. 18th: Hip Hop Dance
- Sept. 25th: Resista-Ball