



YOGA

Drop-In Schedule

Effective July & August 2010*

Monday		
9:30 - 10:45 am	Mixed Levels Hatha Yoga	Lori
11:00 - 12:00 pm	Mom & Baby Yoga (No Classes July 5th & Aug. 2nd Only. Last Class Aug. 30th)	Lori
12:30 - 1:45 pm	Gentle Hatha Yoga (No Classes July 5th & Aug. 2nd Only)	Jenn O.
4:30 - 5:45 pm	Mixed Levels Hatha Yoga (No Classes July 5th & Aug. 2nd Only)	Jackie
6:00 - 7:15 pm	Power Yoga & Abs (No Classes July 5th & Aug. 2nd Only)	Jackie
7:30 - 8:45 pm	Hatha Yoga <i>by Candlelight</i>	Jennifer J.
Tuesday		
9:30 - 10:45 am	Gentle Hatha Yoga	Adrienne
10:30 - 11:30 am	Yoga By The Beach ** ***** New Class! *****	Lori
12:30 - 1:45 pm	Mixed Levels Hatha Yoga & Abs	Teresa
4:30 - 5:45 pm	Yin Yoga	Jenn O.
6:00 - 7:15 pm	Mixed Levels Hatha Yoga	Lori
7:30 - 8:45 pm	Pre Natal Hatha Yoga	Lori
Wednesday		
9:30 - 10:45 am	Mixed Levels Hatha Yoga	Lori
11:00 - 12:00 pm	Mom & Baby Yoga (Last Class Aug. 25th)	Lori
12:30 - 1:45 pm	Gentle Hatha Yoga	Shaina
4:30 - 5:45 pm	Hatha Yoga	Monika
6:00 - 7:15 pm	Mixed Levels Hatha Yoga & Abs	Teresa
7:30 - 8:45 pm	Yin / Yang Yoga	Teresa
Thursday		
9:30 - 10:45 am	Gentle Hatha Yoga	Adrienne
10:30 - 11:30 am	Yoga By The Beach** (No Class July 1st Only) ***** New Class! *****	Lori
12:30 - 1:45 pm	Mixed Levels Hatha Yoga & Abs (No Class July 1st Only)	Jennifer J.
4:30 - 5:45 pm	Mixed Levels Hatha Yoga (No Class July 1st Only)	Rachel
6:00 - 7:15 pm	Yin Yoga (No Class July 1st Only)	Lori
7:30 - 8:45 pm	Hatha Yoga <i>by Candlelight</i> (No Class July 1st Only)	Shaina
Friday		
9:30 - 10:45 am	Mixed Levels Hatha Yoga & Abs	Lori
12:30 - 1:45 pm	Hatha Yoga	Sara
4:30 - 5:45 pm	Hatha Yoga (No Classes July 2nd & 30th Only)	Monika
6:30 - 7:45 pm	'2 for 1' Yin /Yang Yoga & Ika Sushi Date Night (No Classes July 2nd & 30th Only) ***** New Class! *****	Monika
Saturday		
8:30 - 10:00 am	Mixed Levels Hatha Yoga & Abs	Jennifer J.
10:30 - 11:45 am	Hatha Yoga	Jennifer J.
3:00 - 4:15 pm	Pre Natal Hatha Yoga (No Classes July 3rd & 31st Only) ** New Class **	Martine
4:30 - 5:45 pm	Mixed Levels Hatha Yoga *****New Class! *****	Monika
Sunday		
9:00 - 10:15 am	Gentle Hatha Yoga (No Classes July 4th & Aug. 1st Only)	Jenn O.
10:30 - 11:45 am	Hatha Yoga	Shaina
12:30 - 2:30 pm	Wellness Workshops (See website for New Workshops coming this Fall!)	
3:00 - 4:15 pm	Mixed Levels Hatha Yoga & Abs	Anne
4:30 - 5:45 pm	Gentle Hatha Yoga (No Classes July 4th & Aug. 1st Only)	Shaina

*Schedule is subject to change without notice. Please arrive 10 minutes prior to scheduled start time.

Yoga By The Beach classes located at John Lawson Park in West Van (weather permitting). \$10 cash drop in or BHYS pass. Check www.bodyharmony.ca for the most up to date drop in schedule. **Call or email to Pre Register for applicable classes.

Membership Prices*

<u>Variety of Passes Available</u>	<u>Pass Price</u>
First Drop In Class	\$ 10.00
Drop In Class	\$ 17.00
5 Class New Member Starter Pass / 2 Months Expiry	\$ 60.00
10 Class Flexi Pass / One Year Expiry	\$150.00
20 Class Flexi Pass / One Year Expiry	\$250.00
1 Month Unlimited Flexi Pass	\$130.00
12 Month Unlimited Flexi Plan	\$80.00 / Month

Pre-Registered Program

Mom & Baby Yoga: Mondays & Wednesdays \$ 99.00

(With Lori Charko From July 7th to August 30th. No Mom& Baby classes July 5th and August 2nd)

**\$1.00 Yoga Mat Rental Per Class*

**GST Not Included. All Passes are Nonrefundable and Nontransferable*

**10% Discount For Passes purchased on first day. Some restrictions apply.*

**2 for 1 Yin/Yang Yoga
& Ika Sushi Date Night!
Fridays at 6:30pm**

**(2 people can practice Yin/Yang Yoga for the price of 1.
Then receive a coupon for 5% off Ika Sushi.
No classes long weekends)**

We accept Visa, MasterCard, Debit & Cash



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www.bodyharmony.ca