

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 AM <i>Sunrise Power*</i> Carly (S)		6:30 AM <i>Sunrise Power*</i> Carly (S)		8:30 AM <i>Vinyasa Flow</i> Staff (S)
8:30 AM <i>Vinyasa Flow</i> Megan/Staff (S)	9:00 AM <i>Gentle</i> Nancy (S)	9:00 AM <i>Vinyasa Flow</i> Kelly (S)	9:00 AM <i>All Levels</i> Special Topics (S)		10:00 AM <i>All Levels</i> Mona/Staff (S)
10:00 AM <i>Basic Hatha</i> Staff (M)	9:00 AM <i>All Levels</i> Staff (M)	4:30 PM <i>Vinyasa Flow</i> Gina (S)	5:30 PM <i>Basic Hatha</i> Jess M. (M)	5:30 PM <i>Happy Hour</i> NO MAKEUPS (M)	
5:30 PM <i>Power Hour</i> NO MAKEUPS (S)	5:30 PM <i>Basic Hatha</i> Peggy (S)	6:00 PM <i>Vinyasa Flow</i> Paulette (M)	5:30 PM <i>All Levels</i> Special Topics (S)	5:30 PM <i>Power Hour</i> NO MAKEUPS (M)	
5:30 PM <i>Beginners</i> Stephanie (M)		7:00 PM <i>All Levels</i> Staff (M)	7:00 PM <i>Beginners</i> Jess M. (S)		(S) = Sun Studio (M) = Moon Studio
*SPECIALTY CLASSES ■ Tan-shaded boxes See specific <i>Sunrise Power with Carly</i> dates inside and on website.			\$5 DROP-IN CLASSES ■ Blue-shaded boxes <i>Happy Hour:</i> Easy/Beginners <i>Power Hour:</i> Sample Power Yoga		

HOW DO I PAY?

SINGLE CLASS:

Single class drop-in – \$15
Bargain classes – \$5
No pre-registration required

REGISTER: \$120 (12 CLASSES)

Commit to specific class and time. Pay (check/cash, no credit cards). Join anytime, we pro-rate for late registrations (\$10 per class.) Miss class? See Makeup Policy below.

MAKEUP POLICY: If you miss a class you have pre-paid for you may make it up in any other Registered Class until the end of the session. You may also make up classes in advance. BARGAIN CLASSES OR SPECIALTY CLASSES CANNOT BE USED FOR MAKE-UPS.

PUNCHCARDS: \$120 (10 CLASSES)

Good for all registered session classes, one-year expiration date.

SUMMER UNLIMITED: \$285

Unlimited classes during Summer Semester, including \$5 Bargain and Summer Specialty classes!

QUESTIONS? Contact: sunmoon@hickorytech.net.
Studio phone: (507) 387-6600.



Sunrise Power with Carly

Hit the yoga mat early with Carly Hopper, MS. This is a challenging class that uses yoga poses to build muscle and bone strength. (45 min.)

- Tues. and Thurs., 6:30 AM
- June 6–July 27 (No August Classes; Makeups until Summer’s end)
- Pay full-price first day \$120 (\$7.50 per class) — pro-rate \$8 — Drop-in \$15. Twice weekly for 8 wks.

Summer Semester 2017 Classes

\$10 Registered ▪ **\$12 Punchcard** ▪ **\$15 Drop-in**

Beginners

For all ages, fitness levels & body types with little or no yoga experience. Learn how yoga poses can make you stronger, more flexible, balanced. **The best place to begin. Join anytime!** (70 min.)

- Mon., 5:30 PM
- Thurs., 7:00 PM

Basic Hatha *(beginners welcome)*

You may begin here with no experience. This class practices the foundational yoga poses taught in the Beginners Series. Health benefits for all ages and fitness levels are the emphasis. Pre-requisite: Beginners Series recommended. (70 min.)

- Mon., 10 AM
- Tues., 5:30 PM
- Thurs., 5:30 PM

Gentle *(beginners welcome)*

The foundational poses taught in the Beginners Series are practiced more slowly, in order to modify, use props. This class is for ANY student who appreciates a slower practice. (75 min.)

- Tues., 9 AM

All Levels *(beginners welcome)*

Highly instructional classes, with modifications offered to increase, or modify the intensity of poses. These non-flowing classes focus on quality attention to alignment and mindful experience. (75 min.)

- Tues., 9 AM
- Wed., 7 PM
- Thurs., 9 AM (Special Topics)
- Thurs., 5:30 PM (Special Topics)
- Sat., 10 AM

Vinyasa Flow *(experience recommended)*

The foundational poses taught in the Beginners Series, and practiced in Basic Yoga, evolve into a flowing, and more challenging, and quickly moving practice. (75 min.)

- Mon., 8:30 AM
- Wed., 9 AM
- Wed., 4:30 PM
- Wed., 6 PM
- Sat., 8:30 AM

Sun Moon Yoga Registration Form

Name _____ Phone _____

Address _____

Email Address _____

Day/Time of Class #1 _____ Day/Time of Class #2 _____

Emergency contact name/phone _____

Health issues/concerns _____

I understand the activity I am planning to undertake is entirely voluntary. I release Sun Moon Yoga and all instructors and independent contractors from any liability in the event of injury. I understand it is solely my responsibility to disclose any prior existing health conditions. It is my responsibility to discuss exercise with my physician.

Signature _____ Date _____ Amount paid _____ Check # _____