

**SooZe Yoga ♥ 10 Week Session ♥ Nov. 14<sup>th</sup> 2011 to Feb. 4<sup>th</sup> 2012**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p align="center"><b>10 Week Session</b></p> <p align="center"><b><u>NO CLASSES: DEC 24 – JAN 7</u></b></p> <p align="center">Yoga - <b>90 Minutes \$133.90</b></p> <p align="center"><b>60 Minute Classes ~ \$123.40</b></p> <p align="center">Body Blend, Tai Chi for Arthritis, Pilates</p> <p align="center"><small>Fees include GST</small></p>		<p align="center"><b>9:30-11:00 am</b> Beginner Plus Yoga ~ Gillian ~</p> <hr/> <p align="center"><b>4:00-5:00 pm</b> Tai Chi for Arthritis ~ Wanda ~</p> <hr/> <p align="center"><b>7:30-9:00 pm</b> Beginner Plus Yoga ~ Sue ~</p>	<p align="center"><u>No Class – Jan 12</u> 9 Weeks = \$111.04</p> <p align="center"><b>8:45-9:45 am</b> Essential Pilates ~ Wanda ~</p> <hr/> <p align="center"><b>10:15-11:45 am</b> Easy Beginner Yoga ~ Sue ~</p> <hr/> <p align="center"><b>6:00-7:30 pm</b> Easy Beginner Yoga &amp; Body Rolling ~ Tangi ~</p>	<p align="center"><u>No Class – Jan 13</u> 9 Weeks = \$111.04</p> <p align="center"><b>9:00-10:00 am</b> Body Blend ~ Lori ~</p> <hr/> <p align="center"><u>No Class – Dec 9</u></p> <p align="center"><b>10:30-11:30 am</b> Chair Yoga <b>\$5/class</b> ~ Sue ~</p>	<p align="center"><u>No Class – Dec 24</u> 9 Weeks = \$120.49</p> <p align="center"><b>9:30-11:00 am</b> Beginner Plus Yoga ~ Gillian ~</p>
<p align="center"><b>6:30-7:30 pm</b> Body Blend ~ Lori ~</p> <hr/> <p align="center"><u>No Classes</u> <u>Dec 12 + 19</u> 8 Weeks = \$107.10 <b>Beausejour Yoga</b> Early Years School Library <b>6:30-8:00 pm</b> ~ Sue ~</p>	<p align="center"><b>5:30-7:00 pm</b> Active More Challenge Yoga ~ Sue ~</p> <hr/> <p align="center"><b>7:30-9:00 pm</b> Easy Beginner Yoga ~ Sue ~</p>	<p align="center"><b>♥ Karma Yoga ♥</b></p> <p align="center"><b>Beginner Yoga Class</b> with Live Music Harp/Vocals with Sheila Grycki</p> <p align="center"><b>Fundraising &amp; Fun!</b></p> <p align="center">One Friday Each Month 7:00 – 8:30 pm</p> <p align="center">Nov 25   Jan 27   Feb 24</p> <p align="center"><b><u>\$5 Suggested Donation</u></b></p>			

[www.soozeyoga.com](http://www.soozeyoga.com)

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~Class Schedule & Fees Subject to Change~

♥ Class Cards Available   ♥ Drop-In's Welcome \$15/class   ♥ Senior's Discount ♥