



# Winter/Spring 2019 Schedule & Pricing

January 2-April 20

No classes: Feb 16-19, April 8-13

Monday	Class	Teacher
6:00-7:00 pm	Zumba	Nicola
7:00-8:15 pm	Mixed Level Sunflower Yoga Flow	Meg

Tuesday	Class	Teacher
6:30-7:15 pm	Dancer 's Body Workout	Lexi

Wednesday	Class	Teacher
6:30-7:30 pm	Zumba	Meg

Thursday	Class	Teacher
6:30-7:30 pm	Zumba	Ally

Saturday	Class	Teacher
9:00-10:00 am	Zumba/Dancer 's Body Workout	Lexi
10:00-11:15 am	Toasty Flow Yoga	Nutmeg

Sunday	Class	Teacher
6:00-7:15 pm	Family Yoga - Sundays: Jan 13, Feb 3, Feb 24, March 10, & 31, April 7	Meg

Zumba / Dancer 's Body Pricing	
Drop-In	\$10
5 Class Pass (\$9/class)	\$45
10 Class Pass (\$8/class)	\$80
20 Class Pass (\$7/class)	\$140
Unlimited (\$6/class)	\$318

Yoga Pricing	
Drop-In	\$15/class
5 Class Pass (\$14/class)	\$70
10 Class Pass (\$13/class)	\$130
20 Class Pass (\$12/class)	\$240
Unlimited (\$11/class)	\$396

Family Yoga Pricing	
Drop-In each	\$13
Family Max Rate Per Class	\$40

Take advantage of our greatest savings, and a commitment to your health and happiness! Sign up for our Sunflower Unlimited Option for ONLY \$415!

This pass is good for ALL Sunflower classes, all session long! A perfect way to better commit to much needed time for YOU!

Please see our website for Student Rates!

[www.Sunflower-Yoga.com](http://www.Sunflower-Yoga.com)

Drop-in anytime, or, register online! [www.Squareup.com/Store/NutmegsDance](http://www.Squareup.com/Store/NutmegsDance)