



*VariYoga • Tai Chi*

*Meditation • Massage*

ARKANSAS YOGA CENTER  
WWW.ARYOGA.COM

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
<b><u>Sunday</u></b>	1:00 - 2:15pm	<b>Hot VariYoga</b>	Various Instructors
	4:00 - 5:15pm	<b>Level 1-3 Deep Stretch Yoga</b>	Marilyn Swartwood
	3:30 - 4:45pm	<b>Level 1-2 Yoga</b>	Bryan Fowler
	5:15 - 6:30pm	<b>Level 2-3 Yoga</b>	Bryan Fowler
<b><u>Monday</u></b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Bryan Fowler
	10:30 - 11:45am	<b>Gentle Yoga</b>	Kelli Janawitz
	12:00 - 1:00pm	<b>Power Flow</b>	Nicole Olmstead
	4:00 - 5:00pm	<b>Teen Yoga</b>	Amy Graves
	5:30 - 6:45pm	<b>Level 1-3 Yoga</b>	Bryan Fowler
	7:15 - 8:30pm	<b>Level 1-2 Yoga</b>	Susan Porter
<b><u>Tuesday</u></b>	5:30 - 6:30am	<b>Early Morning Yoga</b>	Amy Graves
	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Andrea Fournet
	10:30 - 11:45am	<b>Gentle Yoga</b>	Linda O'Connell
	5:30 - 6:45pm	<b>Level 2-3 Yoga</b>	Andrea Fournet
	7:15 - 8:30pm	<b>Level 1 - 2 Yoga</b>	Catherine Baker
<b><u>Wednesday</u></b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Nicole Olmstead
	10:30 - 11:45am	<b>Gentle Yoga</b>	Judy Harwell
	12:00 - 1:00pm	<b>Power Flow</b>	Nicole Olmstead
	4:00 - 5:00pm	<b>Stress Relief Yoga</b>	Linda O'Connell
	6:00 - 7:15pm	<b>Level 1-3 Yoga</b>	Kristin Loman
	7:15 - 8:30pm	<b>Level 1-2 Yoga</b>	Jessica Minton
	7:30 - 8:30 pm	<b>T'ai Chi Sun Style*</b>	Terry Condren
<b><u>Thursday</u></b>	5:30 - 6:30am	<b>Early Morning Yoga</b>	Amy Graves
	9:00 - 10:15am	<b>Level 2-3 Yoga</b>	Andrea F./Suzy M.
	10:30 - 11:45am	<b>Gentle Yoga</b>	Linda O. / Jimmie T.
	5:30 - 6:45pm	<b>Hot VariYoga</b>	Various Instructors
	6:00 - 7:00pm	<b>Pre Natal Yoga</b>	Susan Porter
	7:30 - 8:30pm	<b>Buddhist Meditation</b>	Geoff O. / Josh N.
<b><u>Friday</u></b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Charlotte Ray
	10:30 - 11:30am	<b>Power Flow</b>	Nicole Olmstead
	5:30 - 6:30pm	<b>Happy Hour Yoga</b>	Various Instructors
<b><u>Saturday</u></b>	9:00 - 10:15am	<b>Level 1-3 Yoga</b>	Jimmye Whitfield
	10:30 - 11:30 am	<b>T'ai Chi For Beginners</b>	Terry Condren

**Front Desk Hours** Monday-Friday 8:30am-12:30pm, Monday & Wednesday 4:30-7:30pm, Saturday 8:30-10:30am

\$70/5 classes, \$130/10 classes, \$140/Unlimited-30 Days

5 session good for 1 year, 10 session good for 1 year, Unlimited good for 30 days [one per person]

**Auto Renew \$69: Amazing Monthly Unlimited or \$120:10-Class Pass** [good for one year]

\*Special Series Priced Separately • Buddhist Meditation open to all at no charge