



The Health Advantage

YOGA CENTER

1041 Sterling Rd., Suite 202 • Herndon, VA 20170 • 703-435-1571 • www.healthadvantageyoga.com

SPRING SESSION 2017 — Classes Begin April 17

Workshops

YOGA FOR WELLNESS: MAD SKILLS TO BOOST YOUR ENERGY with Pat Pao

Saturday, April 22: 3:00-5:00 p.m., \$30

Some days we wish we had just a little more energy. This workshop will explore how yoga, a natural energy booster, can reduce fatigue and energize your system from the inside out. If you are in need of a boost, this invigorating practice will bring new life to your body. These sweet skills are an important addition to your yoga toolbox. Appropriate for students level 1-2 and above. 2 CEUs

YOGA AND SLEEP with Kathy Duke

Saturday, April 29: 1:00-3:00 p.m., \$30

The value of good sleep is reflected in our health and energy levels. When we are well-rested, our immune system functions better, our minds are clearer, and we have plenty of energy throughout the day. Can yoga play a role in our sleep patterns? Research is indicating yes, both yoga and sleep are associated with an increase in parasympathetic activity. Whether you have trouble falling asleep or awaken during the night, learn what postures, activities, and breathwork can establish optimal sleeping conditions for you. All levels welcome. 2 CEUs

YOGA AND OSTEOPOROSIS with Annette Hyde

Saturday, May 6: 1:00-3:00 p.m., \$30

Take an active role in improving your bone health. This workshop will show you how to practice if you have osteoporosis, osteopenia, or low bone density. We will

discuss what is happening to your bones as you age, cover suggested modifications to poses, and identify poses that are beneficial for bone strength as well as poses you should avoid. Annette will then lead you through a sample practice. 2 CEUs

SPRINGTIME VINYASA FLOW with Brandi

Sunday, May 7: 1:00-3:00 p.m., \$30

Spring brings newness, a desire for exploration, and new opportunities for growth. Let the season capture you and take hold. Celebrate spring in this upbeat and creative yoga practice, linking breath and movement while moving gracefully in and out of poses. Utilizing Sun Salutations, strength-building and connected movements, this workshop will improve confidence and help you stay present and centered. Appropriate for students who have taken at least one session of Yoga 2.

YOGA FOR SCOLIOSIS with Angelika

Saturday, May 13: 2:00-4:00 p.m., \$30

Saturday, June 10: 2:00-4:00 p.m., \$30

Breathe, stretch and lengthen, find strength in weak areas, and learn to adjust poses to make them beneficial to your specific curvature. These workshops leave ample time for your questions as well as processing the answers. Learn from each other, share your experiences, and find support. Appropriate for students level 1-2 and above. The workshops can be taken independently from each other. 2 CEUs per workshop.

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The mission of The Health Advantage Yoga Center is to enhance the health, well-being, and unity of body, mind, heart, and spirit through Yoga and related disciplines.

Workshops (cont.)

BEFRIENDING YOUR BACKBENDS with Erin

Saturday, June 3: 1:00-3:00 p.m., \$30

Backbending postures are beneficial for maintaining a healthy spine; they ask us to move counter to our common postural positions while texting, driving, and working at our desks. They can also be physiologically and emotionally intense, causing us to work less compassionately with our bodies, leading to feelings of discomfort rather than ease.

Making our way through foundational backbends and preparation poses, culminating with Urdhva Dhanurasana (Upward-Facing Bow Pose), we will investigate ways to allow these postures and their variations to feel more accessible, supportive, and spacious. For students who have completed one session of Yoga 2 and up. 2 CEUs

KARMA YOGA CLASS with Kathy Duke and Pat Pao

Saturday, June 17: 4:00-5:30 p.m.

Celebrate the International Day of Yoga and the Summer Solstice. The solstice marks the longest day of the year, the day with the most light in it. Join us as we celebrate the light within ourselves and others and reflect on the potential for a deeper awareness and connection to awaken. The class will include traditional and yin yoga sequences designed to heal and transform. This class is by donation and all proceeds benefit Stillbrave (www.stillbrave.org), a local charity committed to helping the families of children battling cancer. No registration required.



SPRING WEEKEND RETREAT



At CARTER HALL in MILLWOOD, VA

June 9 – 11

Restore and Renew with Susan at our beautiful new retreat venue! Enjoy early morning pranayama (breathing) and meditation; four yoga classes; and time to relax, socialize, and enjoy the trails and nature that will surround us. For more information, stop by the front desk or visit our website, healthadvantageyoga.com.



Yoga Center Notes

- We are happy to welcome Rita Sambruna and Adriana Ferrer-Perez. Rita will teach the new Yoga for Cancer short course on Saturday mornings at 9:00, and Adriana will occasionally cover for Heide in the Pilates Mat class on Wednesday mornings at 10:00.
- Our short courses and workshops are a great way to enhance your weekly yoga practice! Visit our website, healthadvantageyoga.com, for all of the details.
- Private lessons are available. Please call (703) 435-1571 or email us at yoga@hayc.net for information.
- We need five registered students to hold a session of classes. If the course for which you have registered has fewer than five students, the class may be canceled. You will be notified and we will try to find another class for you.
- All HAYC teachers have met RYT and/or E-RYT standards and are registered with the Yoga Alliance. For information about our teachers, please visit our website.

Short Courses

YOGA AND MINDFUL EATING with Amy

Tuesdays: 10:00-11:30 a.m.

April 18 – May 23: Six weeks: \$96, Materials: \$10

Imagine putting a halt to dieting altogether. This course is designed to teach you to tap into your body and trust that it knows when and how much to eat. Learn mindfulness techniques to combat stress eating and to help reduce urges that lead to overeating or bingeing. Guilt and shame have been shown to contribute to the vicious cycle of dieting, falling off the diet, feeling guilty, and then overeating again. This is no way to live. Learn to foster self-compassion, and change your eating habits and your relationship with food forever.

Each class will begin with instruction on the concepts of mindful eating and practical exercises, followed by the yoga portion of the class. This popular and successful program will help you develop a stronger mind/body connection and move you toward a healthier lifestyle. Appropriate for all levels. No new students after the first class. A \$10 materials fee by cash or check is due to the instructor at the first class.

PILATES MAT: ACCESSING YOUR CORE with Heide and Adriana

Wednesdays: 10:00-11:30 a.m.

April 19 – May 24: Six weeks: \$96

May 31 – June 28: Five weeks: \$80

Access your core by focusing on the powerful and deep muscles in the abdominal region and along the spine. Strengthening these muscles promotes good posture, spinal stability, and may free you from common injuries on and off the mat. Through the use of Pilates exercises and props, this class will build strength, flexibility, and stamina in the core and will also work on strengthening and stabilizing the muscles in the arms, shoulder girdle, and pelvis. It will follow a Level 1 Pilates mat class set within a yoga class structure: beginning with yoga centering and ending in final relaxation.

PRENATAL YOGA with Erin

Thursdays: 5:45-7:15 p.m.

April 20 – May 25: Six weeks: \$96

June 1 – June 29: Five weeks: \$80

Pregnancy is both a life-changing process and a natural opportunity for developing a more mindful approach to daily living. This course, for pregnant women, is designed to alleviate common discomforts and concerns of pregnancy, help you stay healthy, and prepare you for labor and delivery. It is fun and appropriate for both new and experienced yoga students. The two courses will be different. The second course does not build on the first, so you may register for either one or both. Please obtain your doctor's or midwife's permission in writing before enrolling.

YOGA FOR CANCER (Y4C): RETAKING CONTROL OF YOUR OWN BODY with Rita

Saturdays: 9:00-10:30 a.m.

April 22 – May 27: Six weeks: \$96

June 3 – July 1: Five weeks: \$80

With its emphasis on the link between breath and movement, yoga is the ideal exercise for those touched by cancer currently or in the past. This short course is designed to provide a practicum for cancer patients and survivors using the Yoga for Cancer (y4c) methodology. In addition to providing a general sense of well-being, strengthening the body, and improving flexibility, the y4c specific benefits include:

- Improving awareness of the breath and its calming effect on the body and mind
- Detoxifying the body through twists and the “squeeze and soak” action
- Strengthening the immune system, reducing the risk of cancer recurrence
- Improving cardiovascular circulation to enhance circulation of fluids
- Managing and preventing risk of lymphedema
- Managing weight gain
- Reducing anxiety, fear, and depression symptoms

The classes will focus on addressing the main cancer treatment side effects through stretches, twists, gentle backbends and restorative inversions with appropriate modifications. Please check with your doctor before enrolling. No previous yoga experience required. Please bring your own mat or a clean towel to cover the mats provided by the studio.

INTRODUCTORY YOGA SHORT COURSE with Erin

Tuesdays: 7:30-9:00 p.m.

May 23 – June 27: Six weeks: \$96

Combining elements of both our Gentle Yoga and Yoga 1 classes, this introductory short course is designed for students who are new to yoga. Each class will include basic stretching and strengthening poses, breathing, and relaxation. This is a perfect way to begin a yoga practice for those who missed our initial registration this session. Drop-ins permitted during the first three weeks of this course. Students in this class may make-up in Gentle Yoga 1 classes after May 30. Registration for this short course will begin May 7.

Classes & Information

YOGA 1/BEGINNER is the introductory class for students who are new to yoga. This class focuses on poses to stretch and strengthen the legs, back, and shoulders. Emphasis is given to the basic alignment of the standing poses.

GENTLE YOGA 1 is designed for those who prefer a class less vigorous than Yoga 1. It includes gentle stretches and breathing as well as simple movements designed to systematically increase the range of motion of every major joint and increase energy. This class is ideal for students with chronic symptoms such as muscle/joint pain, stiffness, weakness, or fatigue.

GENTLE YOGA 2 is a continuation of Gentle Yoga 1, emphasizing the refinement of Gentle Yoga 1 poses and introducing the basic principles of alignment. This class will focus on strengthening the body and adapting poses to protect injured or weak joints. New breathing and relaxation techniques will be introduced as well. This class is more strenuous than Gentle Yoga 1 and students must complete at least two sessions of Gentle Yoga 1 before taking Gentle Yoga 2.

YOGA 1-2 is a continuation class for Yoga 1. The emphasis of this course is on refining and building endurance in Yoga 1 and Yoga 2 standing poses. The basic principles of alignment are presented. This class is suitable for students who have practiced other styles of yoga, but it is not suitable for those who have never studied yoga before.

YOGA 2/ADVANCED BEGINNER focuses on refining the standing poses and learning basic sitting postures, simple back bending poses, and the shoulderstand using the principles of alignment. It is recommended that students complete both Yoga 1 and Yoga 1-2 before taking Yoga 2.

YOGA 2-3 is a combination class. It begins with Yoga 2 poses and moves gradually into Yoga 3 poses, particularly strengthening poses for the upper body in preparation for headstand and handstand. Headstand is the major pose learned in this course. Students should complete at least three sessions of Yoga 2 and be comfortable in Chaturanga and Up Dog before taking Yoga 2-3.

Please do not attend class if you have a contagious condition. HAYC has a flexible make-up policy and we will welcome you back when you have recovered.

YOGA 3/INTERMEDIATE continues with refinements to poses studied in Yoga 1 and 2 and introduces the forearm balance and full arm balance (handstand). Additional backbend poses are also included. It is recommended that students complete at least three sessions of Yoga 2 and one session of Yoga 2-3 before taking Yoga 3.

YOGA 4/ADVANCED is for students who are capable of holding a freestanding headstand, can do a full arm balance (handstand) alone at the wall, and who can push up into Urdhva Dhanurasana (Upward Facing Bow Pose) with straight arms. Regular practice is expected. Permission of the instructor is required.

MAD SKILLS FOR GRACEFUL AGING We are getting older! There is nothing we can do about that, so this session we will blend in the mad skills needed to age more gracefully. We will explore how to tailor our yoga practice to enrich our yoga toolbox by focusing on balance, stability, flexibility, and agility through asana, pranayama, and relaxation. Open to students Yoga 1-2 and above.

VINYASA FLOW 1 is a continuous series of postures, movement flows with breath, and creative Sun Salutations, including Sun Salutations A, B, and C. This style of practice is heating and vigorous, and builds strength and stamina quickly in the body. Shoulderstand and inversion preparations are practiced. Recommended for HAYC students who have completed at least two sessions of Yoga 2 and who are steady in standing postures, and for those with vinyasa experience from other styles and schools. No serious physical injuries or limitations.

VINYASA FLOW 2 builds on the principles and techniques of Vinyasa Flow 1 and moves through more difficult transitions and towards more challenging postures such as full backbends, arm balances, and inversions. Students should be able to move easily through Chaturanga and Upward Facing Dog. Appropriate for students who have taken at least one session of Yoga 3, three sessions of Vinyasa Flow 1, or have the permission of the instructor. No major injuries, please.

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Classes (cont.)

YIN YOGA is partially based on the Chinese energy system and is designed to bring energetic balance and harmony into our yoga practice and lives. This quiet class focuses on our connective tissues and the protection and health of our joints. Suitable for students who have completed at least one session of Yoga 2.

YOGA TECHNIQUES is a one-hour mixed-level course where we explore a different area of the body or class of pose each week. Open to students who have completed at least one session of Yoga 1-2.

KIDS YOGA (ages 6-12) is designed to help children build strength and flexibility, concentration and focus, compassion and self-esteem through the playful practice

We regret there is NO CHILDCARE available at the Yoga Center.

of yoga postures. Kids will have fun as they improve their posture, motor coordination, and balance. Yoga poses will help children cope with the conflicts and stress of a very hectic world. A child who learns yoga will develop skills that will last a lifetime.

TEENS YOGA (ages 13-17) Life can be very busy and stressful for teens these days. This class gives teens the opportunity to participate in a nurturing activity that provides exercise for the total body as well as relaxation techniques that can be used for school, sports, performing arts, sleep improvement, and life skills. Yoga allows teens to find strength and flexibility through practice and patience.

Yoga Center Policies

CLOTHING, EATING, and PROPS: Wear comfortable clothes: t-shirt or tank top, and long shorts, bicycle shorts, tights, or leggings. Please no baggy pants as they mask the alignment of the legs. Remove your shoes before entering the yoga rooms. No perfume or gum. Please do not eat 2-3 hours before class. All props are supplied.

CELLPHONES: So as not to disturb other students, please turn off your phone when entering the yoga center. If someone will need to reach you, please set your phone on vibrate and keep your phone near you while in class. No texting during class.

A FREE FIRST CLASS is an opportunity for students new to our yoga center to take a trial class. Please call ahead to ensure space is available. Since our classes are taught progressively, students new to yoga are not permitted to try out a class after the third week of the session. Experienced students who are new to HAYC may take a trial class at any point during the session.

ENTERING A CLASS LATE: If the door to your room is closed, the class has already begun. Please wait to enter until the teacher motions to you after the class finishes centering.

MAKE-UPS: We strongly encourage students in our regular classes and short courses to get the full experience of their course by making up any classes missed. Classes cancelled due to inclement weather may be made up during the session. Missed classes can only be made up during the current session at the

same level or lower. There is no need to call ahead to take a make-up class, just come to any appropriate level class and give the instructor your name and regular class. Teen students can make up in Yoga 1 classes if this is their first session of Teens Yoga or in Yoga 2 classes if they have taken more than one Teens Yoga class. Students taking short courses may make up in regular classes at the appropriate level, and students in regular classes may make up in appropriate short courses.

DROP-IN AND CLASS PACKAGES: Drop-ins are allowed for students who are currently enrolled and wish to take an extra class, or for students who are not enrolled but have completed an equivalent level of alignment-based yoga. Class packages are treated as drop-in classes, but are purchased as a group and are only valid for a set time period after the date of purchase.

The following policies apply to both drop-in and class packages. After the first three weeks, drop-ins are not allowed in Yoga 1, Kids, or Teens classes unless the student has previously taken the class and still meets the requirements. Drop-ins are permitted ONLY in classes that are not filled. Please call to confirm there is space.

WEATHER: If classes have to be cancelled due to inclement weather, there will be an announcement on the answering machine one hour before the class is scheduled to begin. If you hear our normal message, we are holding classes as usual.

Spring 2017 Schedule

CLASSES FILL QUICKLY!
Register soon to avoid disappointment

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road, Suite 202 • Herndon, VA 20170 • 703-435-1571

www.healthadvantageyoga.com • email: yoga@hayc.net

Yoga courses are 11 weeks: April 17 – July 2

Teens Yoga course is 8 weeks: April 23 – June 11

Kids Yoga course is 8 weeks: April 20 – June 8

Monday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yoga 1	Pat P.
10:00-11:30 am	Yoga 1-2	Mary
10:00-11:30 am	Yoga 2	Doug/Kelly K.
5:45-7:15 pm	Yoga 1-2	Erin
5:45-7:15 pm	Yoga 2	Mary
7:30-9:00 pm	Gentle Yoga 1	Kelly K.

Tuesday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Gentle Yoga 1	Kelly K.
10:00-11:30 am	Yoga 2	Carol Ann
10:00-11:30 am	Yoga 3	Mary
10:00-11:30 am	Yoga and Mindful Eating*	Amy
12:00-1:00 pm	Yoga Techniques	Susan
5:45-7:15 pm	Yoga 2	Kelly K.
5:45-7:15 pm	Yoga 3	Pat P.
7:30-9:00 pm	Gentle Yoga 2	Kelly K.
7:30-9:00 pm	Yoga 2-3	Pat P.
7:30-9:00 pm	Yoga 3	Doug/ Various [∞]
7:30-9:00 pm	Intro. Yoga Short Course*	Erin

Wednesday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yoga 1-2	Kelly K.
10:00-11:30 am	Mad Skills for Graceful Aging	Pat P.
10:00-11:30 am	Pilates Mat*	Heide/Adriana
12:00-1:30 pm	Gentle Yoga 1	Angelika
5:45-7:15 pm	Gentle Yoga 1	Pat T.
5:45-7:15 pm	Yoga 2	Patt W.
5:45-7:15 pm	Yoga 3	Susan
5:45-7:15 pm	Vinyasa Flow 2	Erin
7:30-9:00 pm	Yoga 1	Shawn
7:30-9:00 pm	Yoga 1-2	Patt W.
7:30-9:00 pm	Yoga 2	Susan
7:30-9:00 pm	Vinyasa Flow 1	Erin

Thursday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Gentle Yoga 2	Kelly K.
10:00-11:30 am	Yoga 2	Cheryl
10:00-11:30 am	Yoga 3	Kelly C.
10:00-11:45 am	Yoga 4	Susan
4:30-5:30 pm	Kids Yoga	Mary
5:45-7:15 pm	Yoga 1	Susan
5:45-7:15 pm	Yoga 2	Pat P.
5:45-7:15 pm	Yoga 2-3	Angelika
5:45-7:15 pm	Prenatal Yoga*	Erin
7:30-9:00 pm	Yoga 3	Angelika
7:30-9:15 pm	Yoga 4	Susan

Friday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yin Yoga	Pat P.

Saturday

TIME	CLASS	INSTRUCTOR
9:00-10:30 am	Yoga 1	Erin
9:00-10:30 am	Yoga 1-2	Angelika
9:00-10:30 am	Mad Skills for Graceful Aging	Pat P.
9:00-10:30 am	Yoga for Cancer (Y4C)*	Rita
10:45 am-12:15 pm	Gentle Yoga 1	Pat T.
10:45 am-12:15 pm	Yoga 2	Erin
10:45 am-12:15 pm	Yoga 3	Janet

Sunday

TIME	CLASS	INSTRUCTOR
9:00-10:30 am	Yoga 2	Cheryl
9:00-10:30 am	Yoga 3	Erin
10:45 am-12:15 pm	Yoga 1	Cheryl
10:45 am-12:30 pm	Yoga 4	Erin
4:00-5:30 pm	Teens Yoga	Pat P.

* Short Courses. Please see page 3 for more information.

[∞] Various: Susan, Angelika, or Erin

OFFICE HOURS: Monday through Thursday, 9:00 a.m. - 1:00 p.m. • Friday, 10:00 a.m. - noon.

The Health Advantage Yoga Center *Registration*

OFFICE USE ONLY

Check box if this is a new address or phone number. **Please print clearly.**

Date _____

Name _____

Check _____

Address _____

Charge _____

City _____ State _____ Zip _____

Cash _____

Phone/H (____) _____ Phone/W (____) _____ Phone/C (____) _____

Init _____

Email _____

PLEASE LIST EACH CLASS

CLASS 1	Level	Day	Time	Instructor	Fee
		2nd choice if full			
CLASS 2	Level	Day	Time	Instructor	Fee
		2nd choice if full			
WORKSHOPS	Workshop	Day	Time	Instructor	Fee
\$10 Discount per class for seniors 60 and over (for full session only)					
Total Due					

Registration for **all** students begins on March 20 at 8:00 a.m.

By registering for a class you agree to adhere to our policies stated on page 7 of the brochure.

HAYC does not confirm registrations. You will be contacted only if the class you select is full.

Make checks payable to HAYC
1041 Sterling Rd., #202
Herndon, VA 20170

MC/VISA

Check Enclosed (Make checks payable to HAYC)

Card Number _____ Exp. Date _____

Signature _____ CVV _____

YogaReg _____

Registration Fees & Cancellation Policies

REGISTRATION: Register for classes and workshops online, in person, or by mail, or phone. Online registration is in real time, is the quickest way to register, and is the best way to ensure a space in your desired class. To register by mail or in person, fill out a registration form and enclose full payment. Phone and fax registrations are accepted with Visa or MasterCard.

WORKSHOPS: Sign up online or fill out a registration form and enclose payment in full. There is a \$5 cancellation fee per workshop. You must cancel at least 7 days prior to the workshop in order to receive a refund unless your spot can be filled from our waiting list.

WAITING LIST: All registrations are subject to space availability. If a class is full, ask to be added to our waiting list. If a space becomes available, you will be called.

LATE REGISTRATION: Late registrations can be accepted on a pro-rated basis, space permitting. Only students with yoga experience are accepted after the third week of the session.

CANCELLATIONS: To cancel your class or workshop, a drop request must be submitted online or a cancellation form must be filled out at HAYC. Refunds are based on the date of the online submission or the cancellation form, not on the date of the last class attended.

REFUNDS are given according to the following schedule. Until the second class: 100% refund minus the \$45 administrative fee, \$35 for the one-hour class. After the second class, 70% refund of the class fee; after the third class, 60% of the class fee; after the fourth class, 30% of the class fee. No refunds are given after the fifth class. Refunds are processed in the sixth week of the term. Class fees cannot be transferred to another session.

SHORT COURSES and KIDS REFUNDS are given according to the following schedule. After the first class: 100% refund minus a \$25 fee. After the second class, a 100% refund minus a \$40 fee. No refunds after the third class of the course.

CLASS FEES

SPRING 2017 SESSION

Yoga	\$176	11 weeks
Twice weekly	\$330	11 weeks
1st class is \$16/class; 2nd class is \$14/class		
One-hour class	\$154	11 weeks
Teens	\$128	8 weeks
Kids	\$112	8 weeks

DROP-IN FEES

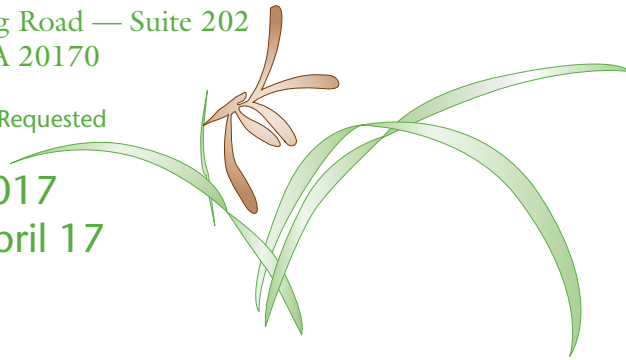
Yoga class for registered students	\$16
Yoga class for unregistered students	\$20
One-hour class for registered students	\$14
One-hour class for unregistered students	\$16
Kids	\$15

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road — Suite 202
Herndon, VA 20170

Return Service Requested

Spring 2017
Begins April 17



PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT NO. 49
WARRENTON VA

Announcing...

First Class FREE to New Students

We offer a free first class to people who have never taken a class at HAYC. This free class can be at whatever level is appropriate. Due to the progressive nature of our courses, students who are new to yoga may only take a free class during the first three weeks of the session. Experienced students who are new to HAYC may take a free class at any point during the session. Please call ahead to make sure space is available.

REFER A FRIEND

For each new student you refer by May 27 who completes at least six weeks of a course, you will receive a pass for a free class!

CLASS PACKAGES

Class packages are for three, seven, or ten classes, and expire after five, ten, or fourteen weeks from date of purchase respectively. These classes will be treated as drop-in classes, and all drop-in class policies will apply. Please see page 5 for more information.

To use a class in your package, check-in at the front desk each visit and get a receipt to take to the instructor of your class.

Packages may be purchased online, by phone, or at our front desk.

NUMBER OF CLASSES	COST	EXPIRATION
3 classes	\$55.50	5 weeks
7 classes	\$126	10 weeks
10 classes	\$180	14 weeks