

| Monday                    | Tuesday                   | Wednesday                 | Thursday                  | Friday                    | Saturday                                   | Sunday                    |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|--|---------------------------|
|                           | 6:15 – 7:15am<br>Align    |                           | 6:15 – 7:15am<br>Align    |                           |  |                           |
| 9:15 – 10:30am<br>Align   | 9:15 – 10:15am<br>Core    | 9:15 – 10:30am<br>Flow    | 9:15 – 10:15am<br>Core    | 9:15 – 10:30am<br>Align   | 9:15 – 10:30am<br>Align                    | 9:15 – 10:30am<br>Align   |
| 12:00 – 12:45pm<br>Gentle | 12:00 – 12:45pm<br>Gentle | 12:00 – 12:45pm<br>Gentle | 12:00 – 12:45pm<br>Gentle | 12:00 – 12:45pm<br>Gentle | 11:00am – 12:15pm<br>Flow                  | 11:00am – 12:15pm<br>Flow |
| 4:30 – 5:45pm<br>Align    | 4:30 – 5:45pm<br>Gentle   | 4:30 – 5:45pm<br>Align    | 4:30 – 5:45pm<br>Gentle   | 4:30 – 5:45pm<br>Flow     | Check online for our<br>Saturday workshops | 4:00 – 5:15pm<br>Gentle   |
| 6:30 – 7:45pm<br>Flow     | 6:30 – 7:45pm<br>Align    | 6:30 – 7:45pm<br>Flow     | 6:30 – 7:45pm<br>Align    |                           |  |                           |

YogaBalance Yoga Studio • 603.625.4000 • [YogaBalance.info](http://YogaBalance.info)  
 135 Hooksett Road • North End • Manchester, NH 03104



## Class Descriptions

**Gentle:** Gentle postures, easy flow sequences, and deep breathing release stress, reduce tension and promote relaxation.

**Align:** Longer-held postures create strength, deeper stretches create flexibility, and attention to alignment helps us refine and deepen our practice.

**Flow:** In this more vigorous class, we move from one posture to the next with each breath and explore more advanced poses and inversions.

**Core:** This class focuses on strengthening the primary muscles that stabilize the “core” of the body: the abdomen, back, buttocks, hamstrings and hip flexors.

| Pricing Options  | YB Fee       | Seniors 62+ and Students |
|--|--------------|--------------------------|
| <b>New Student One-Month Intro Special</b><br>One month of unlimited yoga for first-time YB students. Limit one per person.  | <b>\$49</b>  | <b>\$39</b>              |
| <b>YogaBalance Monthly Membership</b><br>Unlimited classes and free T-shirt.<br>The fee is charged to your debit or credit card automatically each month on your sign-up date. Only a two-month commitment is required, and thereafter you may terminate prior to your next monthly payment by contacting us at <a href="mailto:Mail@YogaBalance.info">Mail@YogaBalance.info</a> or <a href="tel:603.625.4000">603.625.4000</a> . Only credit and debit cards are accepted for YogaBalance Monthly Membership. | <b>\$99</b>  | <b>\$69</b>              |
| <b>10-Class Pass</b><br>4-month expiry.  | <b>\$149</b> | <b>\$109</b>             |
| <b>One Month Pass</b>  | <b>\$125</b> | <b>\$95</b>              |
| <b>Drop-In Class</b>   | <b>\$17</b>  | <b>\$12</b>              |
| <b>Private Yoga Session</b><br>Private yoga at your home or our studio. Up to three (3) students.  | <b>\$80</b>  |                          |
| <b>6 Corporate Yoga On-Site Classes</b>  | <b>\$500</b> |                          |

Complimentary, clean mats and towels are provided for your use.

Fees for workshops are non-refundable and are not subject to credit due to the teaching fees we must pay in advance. Monthly membership fees are non-refundable. Passes and memberships may not be shared. Please note that the minimum age for attending adult classes is 14 years.