

2020 WINTER/SPRING YOGA & MEDITATION

Class Name	Dates	Day/Time	Length Ea.	Total Classes	Partners: City of Munising, Munising Twp, Grand Island Twp.
Mindfulness 101: Basics of Meditation Short-Course Minimum of 6 people	<i>Session 1:</i> Jan 7, 14	Tue 5:30-7pm	1.5 hours	2	\$20 per Person (Partner) \$22 per Person (Non-Partner) Drop In: \$12
Meditation: Growing a Committed Practice Minimum of 6 people	<i>Session 1:</i> Jan 11, 25; Feb 1, 8.	Sat 9:15 - 10:20	1 hour	4	\$40 per Person (Partner) \$44 per Person (Non-Partner) Drop In: \$12
Meditation: Deepening Your Practice Minimum of 6 people	<i>Session 2:</i> Mar 28; Apr 11, 18, 25; May 16.	Sat 9:15 - 10:20	1 hour	5	\$50 per Person (Partner) \$55 per Person (Non-Partner) Drop In: \$12
Gentle Yoga Minimum of 6 people	<i>Session 1:</i> Jan 11, 25; Feb 1, 8.	Sat 10:30 - 12:00	1.5 hours	4	\$40 per Person (Partner) \$44 per Person (Non-Partner) Drop In: \$12
Gentle Yoga Minimum of 6 people	<i>Session 2:</i> Mar 28; Apr 11, 18, 25; May 16.	Sat 10:30 - 12:00	1.5 hours	5	\$50 per Person (Partner) \$55 per Person (Non-Partner) Drop In: \$12
Tuesday Flow Yoga Minimum of 6 people	<i>Session 1:</i> Jan 21, 28; Feb 4, 11, 18; Mar 3, 17, 24.	Tue 5:30-7pm	1.5 hours	8	\$80 per Person (Partner) \$88 per Person (Non-Partner) Drop In: \$12
Tuesday Flow Yoga Minimum of 6 people	<i>Session 2:</i> Mar 31; Apr 7, 14, 21, 28; May 5, 12, 19.	Tue 5:30 - 7pm	1.5 hours	8	\$80 per Person (Partner) \$88 per Person (Non-Partner) Drop In: \$12

***** Take 20% off ANY class if you are a 6-Month Fuzzy Fitness Member!!!*****