



# Body & Soul

YOGA + FITNESS SUMMER 2023

WWW.RELAXLIVEWELL.COM | (563) 556-9642

## MONDAY

- TBC with Carol  
8-8:45 \*In-person + Zoom
- YOGA with Karen  
9-10 Zoom
- CHAIR YOGA with Mary  
5-6 pm In-person 6 week series  
6/26-8/7

## TUESDAY

- TBC/YIN flow MIX with Julia  
9-10 \*In-person + Zoom
- STILLNESS MEDITATION with Jeff  
6:15-7:15 pm In-person

## WEDNESDAY

- TBC with Carol  
8-8:45 \*In-person + Zoom
- YOGA with Karen  
9-10 \*In-person + Zoom
- Qi Gong with Josh  
5-6 \*In-person + Zoom

## THURSDAY

- TBC with Carol  
8-8:45 \*In-person + Zoom
- YOGA for RESILIENCE with Julia  
9-10 \*In-person + Zoom

## FRIDAY

- YOGA with Karen  
9-10 Zoom
- YOGA MASTERCLASS with  
Guest Instructors 2nd Friday  
of each month 9-10:30 Zoom

## SATURDAY

- YOGA with Julia  
8-9:15 \*In-person + Zoom

## CONTACT

- Email [stef@relaxlivewell.com](mailto:stef@relaxlivewell.com)  
Yoga & Fitness Coordinator for all  
information
- **\*NOTE:** When in-person isn't  
available there will be a ZOOM  
class only.

## PAYMENTS

- FIRST WEEK FREE for area residents
- \$67 MONTHLY unlimited auto pay
- \$72 MONTHLY unlimited regular pay
- \$13.50 DROP IN
- \$110 10 Class Punch Card
- \$200 20 Class Punch Card

## DISCOUNTS

10% discount for full time  
college students, veterans,  
seniors, and co-habiting  
couples.  
Visit [relaxlivewell.com](http://relaxlivewell.com) to  
register for classes and to  
purchase memberships.