



Body & Soul

YOGA + FITNESS SPRING 2024

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

MONDAY

- TBC with Carol
8-8:45 Zoom
- YOGA with Karen
9-10 Zoom

CHAIR YOGA SERIES

REGISTRATION REQUIRED

TUESDAY

- Pure YIN 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 Zoom
- YOGA with Karen
9-10*In-person + Zoom
- Qi Gong with Josh
5-6 *In-person + Zoom

THURSDAY

- TBC/YOGA flow MIX with Julia
9-10 *In-person + Zoom

FRIDAY

- YOGA with Karen
9-10 Zoom

YOGA POSE CLINIC with Karen,
Julia & Guest Instructors
2nd Friday of each month
9-10:00 Zoom &/or In-person

SATURDAY

- YOGA with Breanna
8-9 *In-person + Zoom

***NOTE:** Zoom classes only
when in-person isn't
available

SUNDAY

- YOGA with Bethany
9-10 *In-person + Zoom
- Email steferelaxlivewell.com
Yoga & Fitness Coordinator for
all information

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 to
register for classes and to
purchase memberships.