



Body & Soul

YOGA + FITNESS SPRING/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
beginning 5/1/23
(Love Offering)

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 Zoom
- Qi Gong with Josh
5-6 *In-person + Zoom
- SOUND HEALING with Janna
6:45-7:45 In-person + FB live

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
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 to
register for classes and to
purchase memberships.