



# Body & Soul

YOGA + FITNESS FALL/WINTER 2022

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

## MONDAY

- TBC with Carol  
8-8:45 \*In-person + Zoom
- YOGA with Karen  
9-10 \*In-person + Zoom
- SOUND HEALING with Janna  
6:45-7:45 In-person + FB live

## TUESDAY

- TBC/YIN flow MIX with Julia  
9-10:15 \*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

## THURSDAY

- Core Strength Yoga with Michele  
9-10:15 \*In-person + Zoom

## FRIDAY

- TBC with BANDS with Carol  
8-8:45 \*In-person + Zoom
- YOGA with Karen  
9-10 Zoom

## SATURDAY

- YOGA with Julia / Michele  
9-10 \*In-person + Zoom

## PAYMENTS

## DISCOUNTS

- 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.

- 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

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.