



# Body & Soul

YOGA + FITNESS SPRING 2024

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

## MONDAY

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

**CHAIR YOGA WORKSHOP  
REGISTRATION REQUIRED**

## TUESDAY

- Pure YIN with Julia  
9-10 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 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  
9-10 \*In-person + Zoom

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

## SUNDAY

- Accessible YOGA / Beginner  
flow with Kaity 2-3pm In-person
- Email [steferelaxlivewell.com](mailto: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](http://relaxlivewell.com) to  
register for classes and to  
purchase memberships.