



YOGA + FITNESS SUMMER 2022

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

MONDAY

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

TUESDAY

- YIN YOGA flow with Julia
9-10 *In-person + Zoom
- YOGA with Katie
5-6 pm *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

- PiYo with Carla
9-10 Zoom
- SPIRITUAL YOGA with Jim Earles
6-7:15 pm In-person
(1st Thursday of each month)

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
- VINIYOGA with Jai Ram
10:15-11:15 In-person

PAYMENTS

- Email steferrelaxlivewell.com
Yoga & Fitness Coordinator for all

- FIRST WEEK FREE for area residents
- \$67 MONTHLY unlimited auto pay

DISCOUNTS

- 10% discount for full time college students, veterans,