

FREE SPIRIT YOGA & PILATES

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Rockridge Studio: 13354 237 A. St. North Maple Ridge. V4R 2V9

Thornhill Studio: 26098 102 Ave. East Maple Ridge

Phone: Julia Shields 604-463-0346

July 2010 Schedule

All of our classes (including sets) welcome drop ins on a space available basis

Please call or email to Pre book Drop ins \$12 (Hot Yoga \$15)

Punch cards 5 classes for \$55 or 10 classes for \$100 (Hot Yoga 5 @ \$60)

Tax is applicable to all services and products

MONTHLY UNLIMITED MORNINGS AT ROCKRIDGE \$75 (NOT INC TRX)

NEW* INTRODUCTION TO TRX SUSPENSION TRAINING STARTING JULY

MONDAY

9:30-10:45 am Hatha Yoga (mixed levels) *Julia* **ROCKRIDGE**

7:00-8:15 pm (**Hot**) or Yoga flow/Pilates/Core (Intermediate) *Julia* (July 5 – 26 \$40 & tax) **ROCKRIDGE**

7:15-8:30 pm Yoga / Pilates (mixed levels) *Virginia* (July 5 – 26 \$40 & tax) **THORNHILL**

TUESDAY

9:00-10:00 am Private Couples Yoga

10:30-11:45 am Gentle Yoga *Julia* **ROCKRIDGE**

7:00-8:15 pm Hatha Yoga (mixed levels) *Julia* (July 6 – 27 \$40 & tax) **ROCKRIDGE**

WEDNESDAY

9:30-10:45 am Hatha / Flow Yoga (mixed levels) *Julia* **ROCKRIDGE**

5:45-6:45 pm Intro to **TRX Suspension Training** (July 7 – 28 4 classes @ \$48 & tax) *Julia* **ROCKRIDGE**

7:15-8:15 pm Pilates/Yoga flow/Core/ (mixed levels) *Julia* (July 7 – 27 \$40 & tax) **ROCKRIDGE**

THURSDAY No class July 1

9:30-10:30 am Intro to **TRX Suspension Training** (July 9 – 29 4 classes @ \$48 & tax) *Julia* **ROCKRIDGE**

10:45-11:45 am Yin Yoga (slow deep stretch) *Julia*

7:00-8:15 pm Yin Yoga (slow, deep stretch) *Julia* (July 8 – 29 \$40 & tax) **ROCKRIDGE**

FRIDAY No classes July 2

9:00-9:30 am Trail hike for Core students (please bring runners) **ROCKRIDGE**

9:30-10:30 am Core Pilates/Yoga/Ball *Julia & Jaimee* **ROCKRIDGE**

SATURDAY

9:30-10:30 am Introduction to **TRX Suspension Training** (July 17, 24 \$24 & tax) **THORNHILL**

9:30-5:00 pm Yoga Teacher Training *Julia* (Sept 18, Oct 16, Nov 13) **THORNHILL**

10:00-12:30 pm Introduction to Ashtanga Yoga valued at 2.5 BCRPA credits (July 10 \$35) **THORNHILL**

SUNDAY

9:30-4:30 pm Yoga Teacher Training *Julia* (Sept 19, Oct 17, Nov 14) **THORNHILL**

9:30-5:30 pm Pre-natal Yoga Teacher Training *Julia* (July 25 & 4 practicum's \$165 & tax) **THORNHILL**