



**Winter
Schedule 2012**
**578 Main St.
COBLESKILL**

Some classes are donation based (marked by asterisk) open to all levels and drop-ins. All sessions begin and end with a relaxation or meditation. Each instructor is unique and teaches the style of yoga he or she loves. Over time, we hope you will learn to find something of value in each style and embrace that we occasionally sub for each other.*

\$12 (walk in)

\$100 (10 class pass)

GIFT CERTIFICATES AVAILABLE

FITTOBETIEDYOGA.COM



Fit To Be Tied Yoga

Cobleskill Schedule

Winter 2012

(518) 234-9642

Day/Time	Class	Teacher
Monday		
8:15 - 9:30 am	Gentle Flow	Bonnie
12 - 12:30 pm	Meditation *Free	Bonnie
1:30 - 2:30 pm	Mixed Styles	Bonnie
5:30 - 6:45 pm	Beginner Power	Jack/ Bonnie
7:00 - 8:15 pm	Restorative <small>*Call First</small>	Bonnie
Tuesday		
6:00 - 7:15 pm	Aikido \$10	Roy Melby
Wednesday		
8:15 - 9:30 am	Svaroopaa Style	Bonnie
10:00-11:00 am	Pregnancy *Call First	Bonnie
12 - 12:30 pm	Meditation *Free	Bonnie
4:00 - 5:00 pm	Mixed Styles *Call First	Bonnie
6:00- 7:15 pm	Beginner Power *Call First	Melissa
Thursday		
6:00 - 7:00 pm	Step Aerobics	Bonnie
Friday		
8:15 - 9:30 am	Beginner Power	Bonnie
12 - 12:30 pm	Meditation *Free	Bonnie
4:00 - 6:00 pm	Ashtanga \$15	Katie
6:30 - 7:45 pm	Gentle/Yin <small>*Call First</small>	Jack/ Bonnie
Saturday		
9:00 - 10:30 am	Beginner Power	Bonnie
10:45 - noon	Gentle Flow	Bonnie
12:30 - 1:30 pm	Aerial Yoga* *call first	Bonnie
Sunday		
8:30 - 9:15 am	Meditation *Free	Bonnie
9:30 - 10:15 am	Dharma Talk *Free	Bonnie
10:30 - 12:00 pm	Yin Yoga	Bonnie
12:30 - 1:30 pm	Step Aerobics	Bonnie

***Call 1st Classes — 24 Hours Ahead**

**Call for scheduling Pole Fitness Classes
\$12 per class**

Call for appointment for other Weekend Classes

Call first classes, 24 hours ahead:

Aerial Yoga

Cranio Sacral Therapy

Reiki & Thai Body Work

By Appointment

Call for Class Cancellations

518-234-9642